

Such good sense!
see p. 3



THE PORTUGAL News

Portugal's National Newspaper in English

6 Dec 2008 • Edition N° 988 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net



More than
just
directory
enquiries

Teachers strike to protest Gov't appraisals

Teachers across Portugal staged a one-day strike on Wednesday to protest government attempts to measure their performance. Unions said over 90 percent of members had observed the strike call, meaning over 100,000 teachers stayed away from work. (See P. 2)

Abortion...it's your choice

It is possibly one of the toughest, life-changing decisions a woman may ever be asked to make, yet the subject of abortion in conservative and predominantly Catholic Portugal still remains very much a taboo. (See P. 4)

Portugal again denies part in CIA rendition flights

Foreign Minister Luís Amado said this week no documents exist in Portugal to prove the current Lisbon government, or previous ones, knew about illegal United States transport flights of terrorist suspects through national territory. (See P. 5)

Cristiano Ronaldo is Golden

Manchester United's Portuguese international Cristiano Ronaldo added the Golden Ball trophy to his list of football honours this week, becoming only the third player ever to win the best world player award and the European Golden Shoe in a single season. (See P. 64)

Weekend weather

Lisbon: The capital will record light showers over the weekend, much as it has the past week, but both minimum and maximum temperatures are forecast to climb by between 3° and 5°. **Faro:** Light showers have also been predicted for the south of the country, evenings will be milder than they have been in recent days as thermometers rise near to the 20-degree mark. **Oporto:** The north will be cold and rainy, though no sub-zero temperatures have been predicted, with minimums between 7° and 9°.

Upcoming holiday in Portugal:

December 8th. Some shops and offices may be closed.



Reader Offers
see pp.
38/39



760 50 60 70

More than
just
directory
enquiries

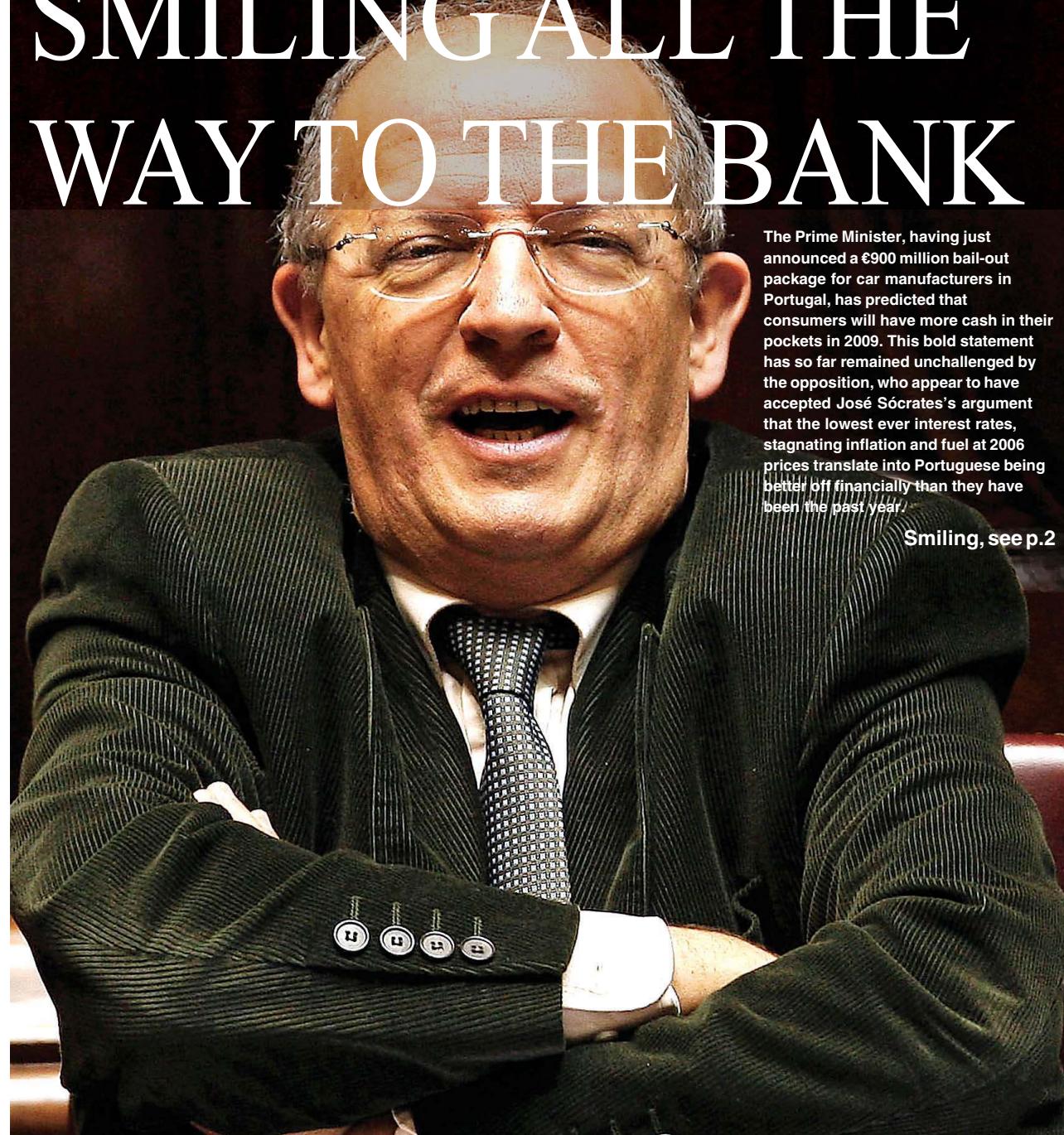
760 50 60 70

As interest rates, inflation and fuel prices plummet, Government promises a prosperous 2009

SMILING ALL THE WAY TO THE BANK

The Prime Minister, having just announced a €900 million bail-out package for car manufacturers in Portugal, has predicted that consumers will have more cash in their pockets in 2009. This bold statement has so far remained unchallenged by the opposition, who appear to have accepted José Sócrates's argument that the lowest ever interest rates, stagnating inflation and fuel at 2006 prices translate into Portuguese being better off financially than they have been in the past year.

Smiling, see p.2



The Minister of Parliamentary Affairs takes on an unusual posture during a sitting this week where MPs discussed the possible bail-out of the ailing BPP bank by the Bank of Portugal. (Photo:Lusa/Tiago Petinga)

Teachers strike to protest gov't appraisals



Pupils of the Gil Vicente Secondary school in Graça react to the teacher's strike. (Photo: Lusa / Mário Cruz)

Smiling, from p.1.

"Families can look forward to having more disposable income in 2009, which is a direct result of the dropping Euribor and interest rates. This will greatly alleviate mortgage repayments, which are today a significant part of family expenses," argued the Prime Minister.

The Prime Minister was speaking on the eve of the Euro-

pean Central Bank announcing yet another substantial cut in its benchmark rate.

"Families can also expect lower inflation in 2009 and thereby gain buying power, while civil servants will have a level of buying power they have not seen in years," José Sócrates predicted after announcing a package to save the country's car industry while receiving an undertaking that none of the 10,000 workers employed by

manufacturers in Portugal will be made redundant in 2009.

In addition, the price of crude dropped again this week, the Prime Minister recalled, and oil is now 100 USD a barrel cheaper than it was when it peaked at 147 USD in July.

Meanwhile, strict banking regulations in Portugal will ensure that home owners will see the full extent of the latest interest rate cuts reflected in their monthly payments.

With the European Central Bank having slashed interest rates by 75 base points to 2.5 percent, which follows cuts of a half percent in October and November, even the smallest mortgage holders in Portugal can now anticipate considerable savings.

Unlike Britain, where the majority of banks have absorbed interest rate cuts in an apparent bid to boost their dwindling profits, banks in Portugal are subject to stringent regulations forcing them to pass on any interest rate cuts as soon as they become applicable.

Besides fixed rates, lenders in Portugal offer customers the opportunity to sign up to the Euribor index over a period of either three or six months, with most institutions preferring the first option.

Thursday's cuts will therefore only be felt, at their earliest, next March, while the October 0.50 percent cut will become applicable in January.

Once all these reductions have come into force, home owners can look forward to seeing their monthly repayments fall by as much as a third.

But the good news for home owners is that analysts are predicting further rate cuts, with some venturing as far as predicting a base rate of 1.5 percent during the course of 2009.

A strong argument for further cuts is that Europe is still lagging behind the world's other major economic powers in terms of lending rates.

While the Bank of England slashed rates on Thursday afternoon from 3 to 2 percent, the United States Federal Reserve is sitting on a rate of 1 percent, while

lending in Japan comes at a mere 0.3 percent.

However, banks in Portugal are seeing a growing number of their customers face increased difficulties at meeting their monthly financial obligations.

But once again, a number of measures have been created by banks to allow customers room for manoeuvre in times of economic hardship.

A source at Portugal's largest private bank, Millennium bcp, told **The Portugal News** on Thursday that reposessions are a costly and undesirable exercise and banks would rather exhaust all other avenues at their disposal before taking drastic measures against a borrower.

With unemployment rising, pay increases stagnating coupled with the spiralling cost of living, and sky-rocketing divorces, a number of customers have literally been bailed out by Portuguese banks allowing them to hold on to their properties when perhaps in other western countries they would have been out on the street.

While Gordon Brown's move this week to cover some or all the interest on mortgages of people in financial difficulty has received widespread support in Britain, it falls short by moves introduced by some banks in Portugal allowing struggling customers to cut their mortgages by half for up to two years, or cut the percentage but have the 'discount' on repayments extended for up to five years.

A former home owner in the UK told **The Portugal News** he was ordered to pay a £10,000 penalty for paying off the £200,000 mortgage on his London home before the agreed termination of the agreed loan period.

In Portugal the cost of liquidating or transferring a €200,000 mortgage ahead of schedule will be levied at €1,000, a tenth of the cost when compared with Britain.

This minimal cost allows borrowers to move banks relatively easily should better conditions be offered elsewhere, and often, banks will absorb the 0.5 percent penalty in order to secure a new customer.



Teachers across Portugal staged a one-day strike on Wednesday to protest government attempts to measure their performance. Unions said over 90 percent of members had observed the strike call, meaning over 100,000 teachers stayed away from work.

Mário Nogueira, spokesman of the platform of teachers' unions, told the Lusa News Agency preliminary indications were of a 92 percent adherence among his members who have staged several mass-protests in Lisbon in recent weeks to demand the Socialist government of Prime Minister José Sócrates abandons plans to reform Portugal's education system, including new evaluations for teaching staff.

As many as 120,000 teachers took to the streets of Portugal's capital last month to urge the government to re-think its educational reform measures, aimed to raise school performance levels that are among the worst in Western Europe.

TPN/Lusa

'Tough times ahead, but unity will get us through', says President

The year 2009 "won't be easy" for the Portuguese who must hold their nerves in the midst of worsening economic indicators, President Cavaco Silva said. He also appealed for "unity" among all Portuguese and not just its political leaders.

"It will not be an easy year, but it must not be a year to lose nerve, to give up," Cavaco Silva said after inaugurating a municipal library at Torres Novas, about 50 kilometres north of Lisbon.

Portugal's leader, an economist and former two-term conservative prime minister, recalled he has already advised his country's business community to continue investing in ventures that are "socially and economically profitable."

Despite projections for lowered economic growth in Portugal and the rest of Europe next year, "there are still opportunities" that "we have to exploit" he added.

Before opening the new library Cavaco Silva issued a plea for his countrymen and women to pull together during the difficult times ahead because Portugal cannot "afford the luxury" of being divided.

"We have to leave to one side

everything that can divide the Portuguese. The times call for unity," he stressed, and this responsibility rests with "everyone" and not just the nation's leaders.

Last week, the OECD (Organisation of Economic Cooperation and Development) said that Portugal would be among the Western European countries whose economy will suffer least from the looming 2009 recession.

However, it did forecast potentially turbulent times for the Portuguese economy, saying it would experience a downturn in economic growth of 0.2 percent next year before seeing its economy expand by 0.6 percent in 2010.

With an improved economic state versus its major trading partners, Portugal's trade deficit is expected to drop from 10.9 percent of GDP this year, to 10.1 percent in 2009 and down to 10.1 percent a year later.

SUBSCRIBE

Please send me 52 editions of **The Portugal News**. I enclose my **cheque** made payable to THE PORTUGAL NEWS for €67.50 (Portugal), €135 (Europe) or €210 (World Airmail).

Please debit my **VISA credit card** account with:

€67.50 (Portugal) €135 (Europe) €210 World

Plus the security digits (the last 3 digits on the reverse of your card)

Expiry Date

Name

Address

Phone N°

Please cut coupon and **MAIL** to: **The Portugal News**, Apartado 13, 8401-901 Lagoa or **FAX** to 707 941 201

THE PORTUGAL News

Copyright © 2005 Anglo Press Lda and The News Group of Newspapers

Postal address: Apt 13 8401-901 Lagoa

Courier address: Rua Municipio de S. Domingos • Urb. Lagoa Sol • Lot 3 r/c • 8400-415 Lagoa

Gen. Tel: 707 500 655 **Sales Tel:** 707 500 677 **Gen. Fax:** 707 941 201 **Emails:** info@the-news.net **Web:** www.the-news.net

Distributed nationally by VASP

Member of

The Portugal News is owned and published by: The News Group of Newspapers Inc. **Depósito Legal N°** 80258/94 **Printed by:** MIRANDELA Gráfica, Lisbon **Print Run (Tiragem):** 20,456

Publisher: Paul Luckman **Editor:** Brendan de Beer **Production:** Madeline Luckman **Journalists:** Carrie-Marie Bratley **Paws & Claws:** Raquel Salbany **Preview:** Raquel Salbany **Travel:** Sherry Hughes **Columnists:** Patricia Westheimer **Correspondents:** Gwynne Dyer **Photos:** LUSA, Press Association, The Portugal News **Accounts:** Gaby Rodrigues **Classifieds:** Rebecca Andrade **Subscriptions:** Maria Taylor **Sales Manager:** Bella Talhadas **Area Managers:** Bella Talhadas **914 393 736** **(Lisbon, Estoril, Cascais, Sintra)**

Marilyn Holmes **914 863 604** **(Alvor, Lagos, Praia da Luz, Aljezur)**

Kelly Barrett **912 583 439** **(Albufeira - Faro)**

Tom Chapman **912 583 188** **(East of Albufeira- Ayamonte)**

DISCLAIMER: Although we do everything possible to ensure the integrity and suitability of advertisements in **The Portugal News**, ANGLOPRESS Edições e Publicidade Lda, **The Portugal News**, its employees or representatives cannot accept any responsibility for claims made by advertisers in their publicity, and cannot become involved in any disputes or litigation, howsoever arising.

Food Bank campaign smashes previous records



The Portuguese Food Bank (BA)'s 'Fight Hunger Campaign' this year broke all previous records by collecting 1,905 tonnes of food to be distributed throughout the country to the needy.

The campaign was carried out nationwide, held in all major supermarkets where people were encouraged to donate items of shopping, to be passed on to those in need.

Via 1,818 institutions, the food will reach an estimated 245,000 underprivileged people.

BA President Isabel Jonet said, "That means around 2.5 per cent of the population will be helped by the products donated to the food bank".

Held over Saturday and Sunday, the campaign was organized in 1,119 super and hypermarkets across Portugal, a 19 per cent expansion in comparison to last year's food BA rally.

Isabel Jonet believes that the nation is now more receptive to the campaign, possibly as many individuals anticipated a crisis and fear that one day it maybe them on the receiving end.

"We do not see this food as an overall answer to all the problems, nor do we want to create a

dependency. This food is, in many cases and depending on whom it is given to, a timely help that will allow a family to survive a more difficult situation".

The Portuguese Food Bank is divided into 14 regional bureaus, from which it is distributed to local charitable institutions that in turn pass the food on to the needy.

"All food is distributed in the place where it is gathered. This allows a certain proximity to those receiving the food as well as better control of the products that are distributed", Sra. Jonet explained.

Around 20,000 volunteers participated in the BA food rally last weekend, making it Portugal's biggest voluntary intervention.

Photo right: Volunteers in Alcântara sort thousands of food packages collected throughout the country during the Fight Hunger Campaign. (Photo: Lusa/Inácio Rosa)



Casino takings drop for first time since 1980s

For the first time in two decades national casino takings are falling due to the world's current economic crisis. In 2004 traditional gambling also suffered a knock, though then it was due to the surge of on-line gambling, which at that time was considered illegal.

In October profits made in casinos fell by six per cent in relation to the previous month, from €31,976 million to €30,163 million, and the forecast for 2009 is that figures will continue to fall.

According to national casino sources, never over the past 20 years, has such a significant loss in takings been noted.

The only national venue to maintain its profits was Praia da Rocha's Casino.

Comparing the month of October this year to October 2007, Estoril's Casino registered a fall of 6.18 per cent in profits, Lisbon of 0.01 per cent, Póvoa 10.26 per cent, Figueira 6.62 per cent, Funchal 1.29 per cent, Espinho 11.48 per cent, Vilamoura 6.27 per cent and Monte Gordo 14.26 per cent.

Not counting the new Chaves Casino, which was inaugurated earlier this year, the overall average fall in revenue for the month of October in comparison to October 2007 is six per cent.

According to Mário Assis Ferreira, head of the Portuguese Casino Association, "predictably, next year, the fall in revenue will worsen".

*Free calls are to fixed lines in: Portugal, UK, Germany, Holland, Ireland, Austria, Spain, Belgium, France, USA (incl. USA mobiles) and Canada. The handset costs €60 to purchase. Prices do not include IVA. The Home Plan offer is for domestic use only and subject to a "fair usage" policy. The Business Plan includes 500 free minutes. One time fee of €20 to transfer your number. Terms and conditions apply.

- No PT line rental
- (Saving you €12.66 a month)
- Keep your existing phone number
- As portable as a mobile phone, but much bigger!

This has to be the ultimate desk phone and I've got one for every office

ONEfone HOME
desktop model

That's good sense!

So like a traditional phone, but it's not wired in and staff can keep their own numbers

and all it costs is €24.99 a month with 100's of free minutes*

WORLD TELECOM

Tel: 707 500 600 today

Abortion...it's your choice



Yolanda Hernandez, director of Clínica dos Arcos .
(Photo: The Portugal News)

It is possibly one of the toughest, life-changing decisions a woman may ever be asked to make, yet the subject of abortion in conservative and predominantly-Catholic Portugal still remains very much a taboo. Most people will know – or know of – someone who has had a termination, though will rarely find themselves openly discussing the matter. Women who have had abortions will seldom talk about it, despite living in a society that claims to be more tolerant and less judgemental of their decision. And so the question remains to be answered: is the choice of motherhood a basic human right or a moral obligation?

The matter of abortion still remains heavily shrouded by a veil of secrecy and shame even as we approach the second decade on this new millennium. It is historically one of modern humanity's most controversial debates; whether, irrespective of the circumstances under which a pregnancy occurs, it is a basic human right for a woman to be able to decide whether she is prepared for motherhood or not.

Views and laws on this issue vary from country to country, reflecting the religious or liberal beliefs of each Government and the population.

In Ireland, for example, abortions are carried out under strict conditions, allowed only if woman's life is at risk, including the risk of suicide. A loophole both the Government and the Church want closed.

In Malta abortion is prohibited in all circumstances and without exception.

Holland, on the other hand, known for being one of Europe's more 'forward-thinking' coun-

tries (depending on individual views), will carry out voluntary terminations on request up to the 24th week of gestation. Abortions are free of charge under the government-sponsored national health insurance system. The Exceptional Medical Expenses Fund covers the cost of the operation. Despite this, and maybe surprisingly, the Netherlands has one of the lowest abortion rates in the world. Contraception is widely available and, with the exception of condoms, is free of charge.

Until last year abortion remained illegal in Portugal, a situation that drove thousands of women to seek abortions in life-endangering, clandestine set-ups or foreign countries. Many fled to neighbouring Spain, where abortions were, and are, legal in private clinics.

On July 15th 2007, Portuguese law was liberalised to allow abortions on request within the first 10 weeks of pregnancy, after a referendum which saw almost 60 percent of voters back the move.

Prime Minister José Sócrates said at the time "the people spoke with a clear voice".

At present, in Portugal, a woman may terminate a pregnancy by choice during the first ten weeks of gestation. Pregnancies can also be terminated up to 12 weeks if posing risk of death or long-lasting, serious harm to the woman; 16 weeks in the case of rape, and 24 weeks if there is certainty of serious disease or malformation of the foetus.

There are only four private, legal abortion clinics in Portugal, and whilst voluntary terminations can be conducted in public hospitals, many women are sent via the National Health System to private establishments as public waiting lists are too long or departments are understaffed. Another obstacle is the fact medical professionals have the legal right to object to carrying out a voluntary termination if it contradicts their moral beliefs.

Tucked away on a backstreet in the middle of the city of Lisbon, Spanish-owned Clínica dos Arcos was the first private clinic in Portugal to carry out legal abortions. It belongs to a group originally established in Spain, which has been specialising in fertility issues since 1983. **The Portugal News** visited the clinic to interview its Director Yolanda Hernandez and have a look around the establishment.

On any given day, the number of abortions carried out at Clínica dos Arcos can vary from 20 to 40. Sixty per cent of their patients are sent via the National Health System.

There is no general majority concerning age or circumstance by which women seek intervention at Clínica Dos Arcos, Yolanda Hernandez told **The Portugal News**, but there is the common denominator that all patients are "exercising their right of choice".

"For some it is a career-related decision, for others it is due to social or economical circumstances, but it is ultimately a personal choice".

Women of all ages and walks of life turn to the clinic for 'help', as unwanted or unplanned pregnancies are not something that only affects the underprivileged.

There is a private entrance at the back of the establishment as well as a VIP waiting room for patients who due to their social status or celebrity do not want to be seen at or arriving and leaving the clinic.

Asked whether the clinic had treated anyone famous, Yolanda replied, "We see lots of people".

Operating theatres are equipped with state-of-the-art technology, on par with what is used in Spain and more advanced than what is required by Portuguese law. A number of single and communal recovery rooms are available for patients, who can be in and out in less than two hours.

Brought into the debate is the question of whether a 10-week period (including an obligatory three-day 'reflection period' and taking into account most pregnancies are confirmed at four to five weeks) is long enough for a woman to make a well-informed, conscious decision. It has been reported many women still seek voluntary terminations after the 10-week legal period, possibly as they do not fully understand the law. Many still do not even know they can ask for an abortion via the National Health System.

Regarding this matter Yolanda said, "Health-wise, the earlier the intervention is done, the better".

From being liberalised last July the number of abortions taking place during the first six months of the new regime were calculated as being "significantly lower" than what was the initially projected number, a senior health official said earlier this year. Around 60 per cent of the number expected had voluntary terminations.

According to official figures, 6,099 women underwent legal abortions between July 15, 2007 and the end of the year, roughly 60% of the number that had been first estimated on the basis of statistics from other EU member states that foresaw 20,000 abortions annually in Portugal.

This is contradicted by the director of Clínica dos Arcos, who

believes the real figure is somewhat higher, over 30,000 per year.

In a recent study named 'Abortion in Portugal: The Reality Present and Future', the Portuguese Federation For Life revealed that the majority of abortions take place amongst women in the 25-34 age group, and shows that the number of voluntary terminations being carried out in Europe is growing at a constant rate.

The Pro-Life Association predicts that by the year 2030 one in every four conceptions will be terminated.

So far, no abortions have been documented on the island of Madeira.

Meanwhile, the topic of whether abortion is morally right or wrong continues to cause conflict.

Roberta S. was born into an affluent family in Angola, during a time when inter-racial relationships were frowned upon. After falling pregnant from an illegitimate affair with a native African, **Roberta** made the decision to keep her baby despite the social out-casting she knew she would face from family and friends.

She told **The Portugal News** "I lost everything and went against everyone to be able to keep my baby. I had to face the world and there was no hiding what I had done. In the end I moved to another country. But I loved my baby and I would never have had an abortion.

Years later acquaintances told me that the more people talked about me and criticised me, the more they had admired me for standing by what I believed in. I would never have done things differently, even though others might have".

Upon trying to talk to two or three known cases of unplanned pregnancies – mostly teenage pregnancies – that had ended in abortion (illegal abortions or carried out in foreign countries) and without parent's knowledge, all attempts were met with closed doors.

None of the young women were willing to recount what they had been through.

Carrie-Marie Bratley

World Telecom PC Surgery



Your one stop
surgery for
PC's Macs and
laptops

- Quality hardware and software supplied
- Repairs without loss of data
- Software and Hardware issues resolved
- Upgrades and Technical jargon made simple
- PCs and Macs tailored to your specification
- Fully qualified English/Portuguese Technicians
- We beat any competitive quote in the Algarve



At World Telecom we repair and maintain anything to do with a computer or network. We give I.T. support, servicing and upgrades and always offer a flexible approach to our customer's needs. And if you live in the Algarve, we can even collect your computer, repair it and deliver it back to you.

Our service is aimed at the home & business user requiring professional I.T. support at affordable prices and we pride ourselves on our "NO FIX, NO FEE" policy.

All our online and field support PC repair technicians are fully qualified and carry with them years of computer repair experience.

So if you have a problem with your PC, laptop or network, please give us a call. We will discuss the problem with you first and then offer you the most cost effective solution to suit your needs.

Call our Hotline today:
707 940 332

Portugal at your fingertips!



Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal.

Portugal-info is all about business. If you need more, you need to be included in the network.



Portugal-info
informing the
world about
Portugal

Find out how little it costs to buy so much exposure:

info@portugal-info.net

or 282 423 770

Also see details by visiting
www.algarve.ws

No documents exist relating to alleged CIA flights, says Gov't

Foreign Minister Luís Amado said this week no documents exist in Portugal to prove the current Lisbon Government, or previous ones, knew about illegal United States transport flights of terrorist suspects through national territory.

After a meeting of NATO foreign ministers, Luis Amado responded to reporters' questions on weekend reports in Spanish media that secret documents exist to show the US had requested permission for CIA rendition flights to use Spanish airspace, the Lusa News Agency wrote this week.

Spanish daily *EL País* reported at the start of the week that Portugal was among several countries notified its territory was being used for clandestine CIA prisoner flights.

But Portugal's top diplomat noted the source cited by *El País* "is a Spanish document and the reference to Portugal is made by the journalist and not by the document in question", denying the existence of similar incriminating documents in Portuguese state archives.

"I have no further information and add I have no knowledge of any document in Portugal in either the archives of the foreign or defense ministries to compromise in this area any of the governments in office in Portugal up to the present."

Portugal's Attorney General's office is heading an investigation into the alleged CIA flights through Portugal and all must "calmly wait for the results of this inquiry," added Minister Amado.

Earlier this year, British rights

group Reprieve charged that the United States could not have illegally transported more than seven hundred terrorist suspects to Guantanamo between 2002 and 2006 "without the help of Portugal", which means that around 95 percent of all prisoners at the base passed through Portugal.

The report, entitled 'Journey of Death' concluded that "Portuguese territory and airspace had been used to transfer over 700 prisoners to torture and illegal imprisonment in Guantanamo Bay."

The organisation further states that 728 of the 774 prisoners processed into Guantanamo were transported through Portuguese jurisdiction.

The report was compiled by comparing flight logs obtained from Portuguese authorities, information from the US Department of Defence showing dates of arrival of prisoners at Guantanamo Bay, and unclassified testimony from many of the prisoners themselves.

In the report, Reprieve said it has detailed for the first time the names of these prisoners and their stories.

Flight logs it says it obtained from Portuguese authorities in 2006 reveal that on at least 94 occasions aircraft crossed Portuguese airspace en route to or from Guantanamo Bay between 2002-2006. On at least six occasions



(from L-R) Former British Prime Minister Tony Blair, Spanish Prime Minister Jose Maria Aznar, US President George Bush and former Portuguese Prime Minister Jose Manuel Durao Barroso during a press conference at Lajes military base in the Azores on Sunday March 16, 2003.

rendition aircraft flew directly from Lajes in the Azores to Guantanamo, Reprieve claims.

At the time, Prime Minister José Sócrates washed his hands of any wrong-doing in Parliament.

"I reject and absolutely refute the baseless accusation against our country that Portugal helped or backed any transport of prisoners" by the US CIA, Sócrates said.

"The Portuguese Government

was never consulted on the possibility or authorised" the alleged extraordinary rendition flights through national airports or airspace.

Prime Minister Sócrates added that he had consulted every cabinet member "with responsibilities" in this area and that the Foreign Ministry had "no record that could give the idea" that rendition flights could have passed through Portugal.

"We base our foreign policy on the rules of international law and I'm particularly offended with a report that seeks to place Portugal at the centre of or on the path of infamy", he was quoted by the Lusa News Agency as telling the legislature.

But Reprieve has insisted on Portugal's guilt, and in a statement it demanded that "Portugal carry out a public and exhaustive inquiry and get to the bottom of

these violations of international law".

In London, Clive Stafford Smith, the founder and legal director of Reprieve, said earlier this year Portugal's involvement was crucial.

"The Portuguese Government needs to do some serious soul-searching. None of these prisoners could have reached Guantanamo without Portuguese complicity", he said.

Seasonal Offer from Wellness at AlmaVerde

RELAX AND RENEW TREAT

Organic Essential Oil foot massage, skin exfoliation, full seaweed body-wrap and back massage/Indian head massage, followed by a deep relaxation session on the unique Alphalounger (2½-3 hours).

99 EUROS



Wellness
AT ALMAVERDE

Apartado 224 • 8601-928 Luz Lagos • Portugal
Tel +351 282 697656 • Fax +351 282 698641 • wellness@almaverde.com
www.almaverde.com

ALMAVERDE GIFT VOUCHERS AVAILABLE

Tennis memberships • Facials • Manicures • Over ten types of massage • Acupuncture • Personal yoga sessions • Habit breaking/making NLP • Fitness • Weight loss • Other health and beauty treatments

You can also call us to order

Fragrances of the Algarve

Organic Essential Oil Sets (Certified)

A lasting gift of health to those you care for

Offer applicable Wednesdays and Fridays

Portuguese love their birds



On average, per year, each Portuguese will eat around 30 kilos of chicken, which places Portugal at the top of the EU's poultry consumer list, as well as being an EU record.

And according to a Monthly Bulletin for the Fishery and Agriculture Industries in Portugal, the tendency in poultry consumption is one of growth reflected in the breeding of chickens. In August this year, 22.1 tons of chickens were produced, 8.1 per cent more than the same month in the previous year.

Despite this, the Portuguese consume even more pork meat, an average of 41 kilos per inhabitant, per year.

This could be explained by the fact pork meat is cheaper than other meats as well as being favoured for its dietary benefits, being rich in protein and low in calories.

Despite suffering major scares over recent years, namely the bird flu outbreak and, not long ago, warnings in Portugal from consumer rights watchdog DECO

that hygiene in the sector was not up to scratch, officials from the national Veterinary Board have said "there are no reasons for alarm".

Last year the board carried out inspections on birds going to slaughter and only 0.2 per cent was found to be not fit for human consumption.

Portugal, meanwhile, has been declared 'self-sufficient' in poultry production by the National Veterinary Board. Over the past decade production has grown to cater for 92 per cent of its own demand.

Despite importing around 30,000 tons of chicken, it exports 6,000 tons. Concerning eggs, the country imports around 12,000 tons, and exports 14,000 tons.

Photo left: Chicken production in Bombarral. (Photo: Lusa / Paulo Cunha)

Portugal warned over drinking water

The European Commission has sent Portugal a final written warning for not complying with a 2005 European Court of Justice ruling on drinking water.

Nearly eight years after the EU standards took effect and three years after the Court ruling, drinking water in many parts of

Portugal is still unsafe for human consumption.

European Environment Commissioner Stavros Dimas said: "It is unacceptable that after so much time Portugal has still not ensured that drinking water is safe throughout the country. This poses a threat to human health

which must be quickly remedied. Unless this is done the Commission will consider asking the European Court to fine Portugal for each day the infringement persists."

In a case brought by the Commission, the ECJ ruled in 2005 that drinking water in Portugal

breached regulations by failing to comply with seven of the requirements, concerning faecal coliforms, total coliforms, faecal streptococci, sulphite-reducing Clostridia, aluminium, iron and manganese.

Since the ruling the Portuguese authorities have taken a number of measures to address the problem, including the creation of a

single body to manage water control systems, measures to control water quality and disinfect water in distribution networks, and the modernisation of the infrastructure.

However, there have been delays in implementing some of these measures and the water infrastructure projects are not expected to be finished before

2013. Meanwhile the latest monitoring report shows that drinking water in many areas of Portugal still fails to comply with the microbiological limits set out in the Court's judgement.

In view of this unsatisfactory situation the Commission has decided to pursue its legal action. Portugal has two months to respond to the final warning.

What do you want from your website?



- A 'makeover' to bring an existing site up to date?
- A simple quick solution that won't cost too much money?
- A solution that allows you to make your own updates?
- A complete back office with reporting and management?

Whatever you are looking for, we can normally supply turnkey solutions to the highest standards at very competitive prices. From highly sophisticated sites with complete management solutions, to a simple good looking site to get you on the Internet at a price you can afford.

Let's get together - contact us today with your needs and we'll show you how we can help.

it's TIME!

Christmas Parties
New Years Parties
Office Parties & Celebrations

Corporate Events
Children's Parties
SPECIAL Parties
Wedding Parties

* or if you simply need entertainment, we do that too!

Get a standing ovation from your guests
Talk to the people with imagination.

Tel: 914 599 933

STANDING OVATION

EU calls for focus on prevention and HIV testing



Twenty-five years after HIV was first isolated by researchers, there is still no cure or vaccine against AIDS.

It is estimated that today, more than 30 million people worldwide live with HIV/AIDS, and about 2 million people die every year. Over two thirds of these deaths occur in sub-Saharan Africa. In Europe, more than 700,000 people are living with HIV/AIDS with 30,000 new infections reported annually.

"We need to underline the importance of the threat posed to the world by HIV and not to forget that HIV/AIDS is still a major health problem today", said EU Health Commissioner Androulla Vassiliou.

"We must continue to improve the knowledge, awareness and information on HIV/AIDS,

especially among young people and high risk groups. As long as there is no cure for AIDS, prevention remains the best weapon to combat HIV/AIDS."

Commissioner for Development and Humanitarian Aid, Louis Michel said, "HIV/AIDS is one of the main issues preventing developing countries being lifted out of poverty. We still need to do much more in raising awareness of HIV and how to prevent its transmission across the developing world. We must all work harder to achieve the Millennium Development Goal of halting the spread of HIV/AIDS by 2015. There's no time to lose."

Condoms for Africa

Portugal has delivered 1.5 million condoms, worth a total 80,000 euros, to Guinea-Bissau to mark World Aids Day, Lisbon officials have said.

Receiving the donation from Portugal's High Commission for the Combat of AIDS and IPAD state development agency, Paulo José Mendes, the Bissau Government official in charge of national AIDS programmes, said the condoms would "reinforce the capacity" of national agencies in this field.

Mendes noted there are officially 33,000 AIDS/HIV carriers in Guinea, although this figure is "much lower than in reality" due to difficulties in compiling statistics. Many young Guineans are now going for voluntary AIDS tests due to public awareness campaigns, he added. TPN/Lusa



One of the ideas used to commemorate World Aids Day in Lisbon on 1st December. (Photo: Lusa / Inácio Rosa)

AIDS in Portugal

On Monday, December 1st, Portugal celebrated World Aids Day, 24-hours dedicated to internationally raising awareness about a global epidemic of which little is still known.

According to the 'World HIV/AIDS Epidemic Report 2008', published by the United Nations' joint programme UNAIDS, last year there were an estimated 34,000 people in Portugal with the virus (see last week's edition of

The Portugal News).

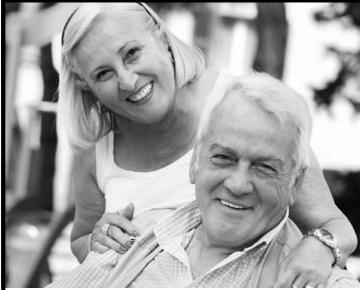
That year 500 people died from the disease.

However, the actual figure could vary from 20,000 to 63,000 infected people.

The most widely infected age-

group is between 15 and 49 years of age.

Research released this week meanwhile showed that four in five Portuguese would not undergo an AIDS test out of fear of testing positive.



What if?

Make sure your loved ones don't have to cope alone

- Complies with FSA regulations
- Dignified, professional care for expatriates
- Bi-lingual local knowledge and support
- Independent Trust Fund Guarantee
- All inclusive prices - no hidden costs - inflation proof
- No age or health restrictions

Pre-Pay at Today's Prices & Save Money



Golden Leaves
Funeral Plans

The Portuguese way of funerals can often lead to misunderstanding and leave people confused at a time of distress, particularly when your family and friends are a long way from home. Will they know what to do, who to call? Planning ahead and making provisions with Golden Leaves will save this trauma of knowing who can turn to and by planning ahead you can organise arrangements according to your wishes.

Our secure, dignified and personal service will give you peace of mind in the knowledge that your funds are backed by our guarantee of trust.

For a free no obligation brochure contact our local agent: **Lloyd & Whyte International**

Tavira - tel. 281 325 842

Boliqueime - tel. 289 360 578

Email: portugal@lloydwhyteintl.com

www.goldenleaves.co.uk

Golden Leaves Funeral Plans are NOT an insurance policy

Do you understand the implications on your UK pension now that you are resident in Portugal?

Specialist pension planning for expatriates

UK pension funds are typically designed for UK residents and must comply with UK regulations. Depending on your fund, Blevins Franks could help you adjust it to benefit your expatriate status, potentially resulting in:



- Increased control and flexibility
- No need to buy an annuity
 - Improved tax and estate planning possibilities
 - Conversion to Euros to avoid exchange rate risk

Unique solutions for tax and private wealth

Gavin Scott - Senior Partner

289 350 150

gavin.scott@blevinsfranks.com



BLEVINSFRANKS

www.blevinsfranksinternational.com

Blevins Franks Financial Management Limited is authorised and regulated by the UK Financial Services Authority.

TAX CONSULTANCY • INVESTMENT MANAGEMENT • TRUSTEE SERVICES • RETIREMENT BENEFIT SOLUTIONS

New rules on bank account switching

Internal Market and Services Commissioner McCreevy said: "I am pleased that the European banking industry took up the challenge of self-regulating on this important initiative for European citizens. However, the banks' job is over yet. Now they will have to work hard on proper implementation and application of these Principles in each Member State".

EU Consumer Commissioner Meglena Kuneva said: "The objective is very clear, we want to get rid of the extra costs and paperwork that are holding consumers back from switching easily to get the best deal from banks on the high street. We know that the current account market has significant untapped potential for cost savings."

It is estimated a staggering 56 percent of European consumers report that they got a lower price when they switched.

According to the Principles, if a consumer wishes to change bank, the new bank will act as the primary contact point and offer its assistance throughout the switching process. It will deal with the old bank, ensuring that the transfer of the consumer's recurrent payments, such as direct debits and standing orders, is done smoothly and rapidly. The new bank will also either help the consumer to inform the relevant third parties, such as utility providers, about the new bank account details or do that itself. Finally, the

The European Commission has welcomed the European Banking Industry Committee's (EBIC) adoption of a set of 'Common Principles for Bank Account Switching', which will make it easier for consumers to switch their current account from one bank to another within their own Member State.

new bank will assist the consumer in closing the old account and transferring the remaining balance to the new account.

The old bank will generally not charge the consumer for providing standard information about the consumer's recurrent payments. The Commission expects that, combined with competitive market forces, this principle will lead to a situation where the whole switching process is, generally, free of charge for consumers.

EU economic sentiment falls to historic low

In November, the Economic Sentiment Indicator (ESI) declined considerably in the EU and the Euro Zone. This came after another sharp decline in sentiment observed in the October survey.

It fell by 6.7 points in the EU

Portugal in court for foreign pension fund taxing

The European Commission has decided to refer Portugal to the European Court of Justice for

rules under which dividend and/or interest payments to foreign pension funds (outbound payments) may be taxed more heavily than dividend and/or interest payments to domestic pension funds (domestic payments).

The Commission considers these rules to be contrary to the EC Treaty and the EEA Agreement, as they restrict the free movement of capital.

Portugal exempts dividends received by domestic pension funds but levies a withholding tax of 25 percent on dividends paid to pension funds established elsewhere in the EU or in

the EEA/EFTA countries.

This results in higher taxation of dividends paid to foreign pension funds, through bilateral tax treaties may provide for a reduced withholding tax rate.

The higher taxation on dividends paid to foreign pension funds dissuades these funds from investing in Portugal. At the same time, companies established in Portugal may face difficulties in attracting capital from foreign pension funds as a result of this difference in treatment.

The higher taxation of foreign pension funds thus results in a restriction of the free movement of capital as protected by EU legislation.

Bridging the broadband gap

Broadband penetration in Europe continues to grow, from 18.2 percent in July 2007 to up to 21.7 percent in July 2008, according to a report published by the European Commission.

The report also shows the gap between EU countries narrowing, from 28.4 percentage points in July 2007 to 27.7 this July.

With 17 million fixed broadband lines laid in a year, today's figures show high-speed Internet in the EU is more widespread and faster, while

mobile broadband is starting to take off, with 6.9 percent penetration.

Three quarters of broadband lines in the EU have download speeds of 2 millions of bits per second (Mbps) and above, a speed that supports TV over the Internet, for example.

Do you need to protect your pension from extra tax charges?

By Jane Goodall, Director – International Pensions, Blevins Franks

If the total of your UK pension funds exceeds £1.5million (or did so at 6th April 2006) then you MUST apply for protection no later than 5th April 2009 to the HM Revenue & Customs. If not, you are at risk of losing part of your pension fund to the taxman as it may be over funded under the new rules. If you have any doubt on this, you MUST take professional advice and get on with it immediately so that you do not miss the deadline (it can take several weeks to process the application).

must be made before 5th April 2009.

If your pension benefits, from all sources, are above the lifetime allowance, you need to take steps now to avoid the punitive tax charge.

Introduced on "A-Day" in April 2006, the Lifetime Allowance imposed a limit on the amount of pension that can be built up by an individual. This includes ALL of an individual's funds. It applies to pension benefits, which is not the same as the value of the fund. The limit increases each year, from £1.50 million in 2007/08 to £1.80 million in 2010/2011. The allowance has then been frozen until April 2016.

When benefits under a registered scheme come into payment for any reason, including lump sums payable on death, they must be tested against the lifetime allowance. If the benefits are in excess of the lifetime allowance then the excess will suffer a charge of up to 55%.

Any event which results in payment of a benefit is known as a Benefit Crystallisation Event (BCE).

An individual could have several benefit crystallisation events throughout his working life. The framework is designed to make sure that the lifetime allowance is applied to the total of an individual's benefits across all registered schemes.

Pension benefits already in payment before 6th April 2006 will also be taken into account.

Anyone who has taken all of their pension benefits prior to 6th April 2006 is immune from the new system. However anyone who still has any uncrystallised pension benefits, however small, will have all of their benefits tested – the test will then include all the benefits that were taken before 6th April 2006.

HMRC offered two methods of protection – "Primary Protection" and "Enhanced Protection". In both cases registration for protection

Once enhanced protection has been obtained the lifetime allowance rules cease to apply and the value of the benefits can grow to any level without incurring any extra charges.

In order to obtain enhanced protection, certain very strict rules need to be observed. The most important restriction is that the individual cannot continue to accrue pension benefits. If you have been accruing benefits since the 6th April 2006 then enhanced protection will not be available to you.

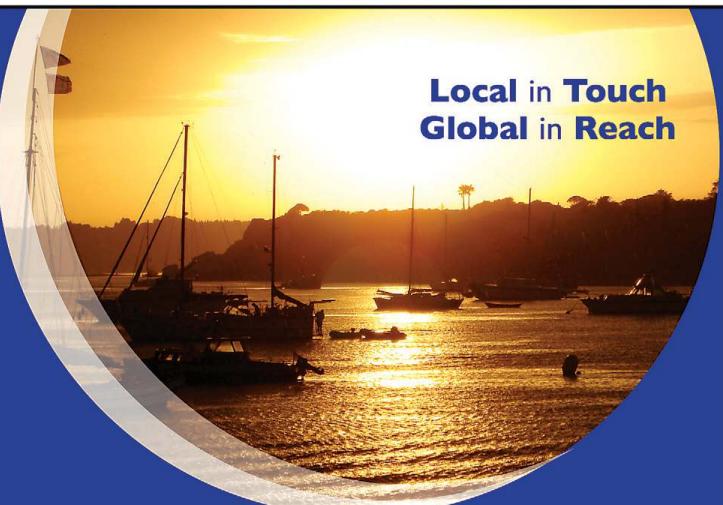
Pension lump sums

There is a new name for "Tax Free Cash" – "Pension Commencement Lump Sum" (PCLS). Under the new rules the maximum amount of lump sum cash that can be taken from a pension arrangement is the lower of either (a) 25% of the value of the pension benefits or (b) 25% of the lifetime allowance when benefits are taken. The transitional protection arrangements were extended to include protection of cash lump sums.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranksinternational.com



Jane Goodall



Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

"For just €195+VAT we can provide you with that peace of mind by dealing with all aspects of your obligations and ensuring you do not incur any penalties" Fact

Another great "QUOTE" from the GIBRO GROUP

GIBRO GROUP
HLB

Av. José da Costa Mealla 34, Bloco B, 3º E/F
8100-501, Loulé - Algarve - Portugal

Tel: 00351 289 463 271 · Fax: 00351 289 463 277

Email: info@gbconsultores.com

www.gibro.com

East Timor PM ends Portugal visit with call for investment



East Timor's Prime Minister has capped a two day visit to Portugal with an appeal to Portuguese businesses to invest in his country, saying his Government was readying investment and tax legislation to attract foreign capital.

"We have a legislative package ready to send to parliament. You can trust us, you can invest and gain better benefits", Xanana Gusmão told a gathering of business leaders in Lisbon late last week.

"We are here to explore opportunities, both for you and for us. We are here to tell our friends that

the hour has come to participate with us in the construction of the country", Prime Minister Gusmão added.

While acknowledging that recent violence and political instability in East Timor was a concern for potential investors, he said security was much improved since he took office 15 months



East-Timor Prime Minister Xanana Gusmão, (L) talking with his Portuguese counterpart, José Sócrates, during their meeting on 27 November 2008, at the São Bento official residence in Lisbon. (Photo: EPA/Tiago Petinga)

> Health Insurance

Getting you back on your feet as soon as possible

- Reliable healthcare, when you need it most.
- Bespoke policies, designed for expatriates and holiday home owners.
- Policy documentation or policy summary written in English
- Superior, independent service, from local offices in Boliqueime and Tavira.



Also available...

Motor • Home

Commercial • Marine • Funeral Plans • Travel

The Overseas Insurance People

Call now

289 360 578

Make the switch, enjoy the difference

www.lloydwhyteintl.com

Part of the Lloyd & Whyte Group, established 1946.

Lloyd & Whyte International Ltd is authorised and regulated by the Financial Services Authority in the UK.



20 YEARS INSURANCE

kaza
Seguros
Insurance Solutions

HOUSE • MOTOR • DENTAL HEALTH • BOAT • LIFE & HEALTH

WORKERS • BICYCLE • BUSINESS • INVESTMENT • TRAVEL

BEST MARKET RATES PROFESSIONAL SERVICE

Contact us for a quote!
www.kazaseguros.com
e-mail: kazaseguros@mail.telepac.pt

Tel: 282 761 612 Fax: 282 769 378 Mob: 919 694 025

EU tells Portugal to change company exit tax provisions

The European Commission has formally requested Portugal to change its tax provisions which impose immediate exit taxes when companies cease to be tax resident in these countries or transfer their assets to another Member State.

The European Commission considers that immediate taxation penalises those companies that wish to leave Portugal or transfer assets abroad, by introducing less favourable treatment for them, compared to those companies which remain in the country or transfer assets domestically.

The rules in question are therefore likely to dissuade companies from exercising their right of freedom of establishment and, as a result, constitute a restriction of Article 43 EC and the corresponding provision of the EEA Agreement.

www.premfx.com

**FULL REPAIR & SERVICING CENTRE
ACCESS TO OUR NETWORK OF FIELD ENGINEERS
100'S OF GENUINE ENGLISH LAPTOPS & DESKTOPS
CONVERT PORTUGUESE SYSTEMS INTO ENGLISH
FREE INTERNATIONAL PHONECALLS
1 MINUTE FROM AQUALAND ON THE EN125**

**282312044 & 913087160
ALGARVE LAPTOPS**

[SUPPORT@ALGARVELaptops.COM](mailto:support@algarvelaptops.com)
[SALES@ALGARVELaptops.COM](mailto:sales@algarvelaptops.com)

**PREMIER FX
GROUP**

SOME CHOICES ARE EASY



STRESS FREE CURRENCY EXCHANGE
NO MINIMUM AMOUNTS, FREE TRANSFERS
FIXED RATES UP TO 2 YEARS

INDEPENDENT MORTGAGE ADVISORS

PROPERTY PURCHASE, EQUITY RELEASE,
RE-MORTGAGE, CONSTRUCTION,
RENOVATION, OFF PLAN, OFFSHORE

Rua Sacadura Cabral,
Edifício Golfe 1A
8135-144 Almancil,
Portugal

Phone: UK +44 (0)8450212370
Currency: +351 289 358 511
Mortgages: +351 289 358 512
E-mail: info@premfx.com

Portugal condemns attacks on India



Candles lit outside the Taj Mahal Hotel on Tuesday during a vigil in memory of victims killed by the terrorist attacks in Mumbai. (Photo: EPA/STR)



Portuguese leaders have strongly condemned the series of attacks against the Indian city of Mumbai, pledging Lisbon's support in combating "all forms of terrorism".

President Cavaco Silva last week sent his Indian counterpart a message of condolence for the victims of Wednesday's rampages in Mumbai, expressing his "energetic condemnation and repudiation" for the "cowardly actions" that left more than 100 dead and 300 wounded.

Speaking on behalf of the Portuguese people, President Cavaco Silva further expressed his "shock" at the deadly attacks.

"It's a terrorist attack on a large scale. Fortunately there were no Portuguese injured according to the information I have, but when we face the phenomenon of terrorism all nations must be con-

cerned," said Cavaco Silva.

"This reminds me a little of the presence of Portuguese troops in Afghanistan, where they are contributing to the combat of terrorism, as no country can say it is free of such a situation."

Separately, Portugal's Presi-

dent has also sent a message of condolence to Brazilian counterpart Luiz Inacio Lula da Silva in the wake of severe flooding in the southern Brazilian state of Santa Catarina that has left more than 100 people dead and forced over 54,000 from their homes.

Returning to the bombings, Foreign Minister Luis Amado also sent a message to his coun-

TPN/Lusa

terpart, denouncing the "terror-

Portugal wants EU to re-open Serbia's path to bloc membership

The European Union should recognise Serbia's constructive efforts made to speed its path to EU membership by unblocking negotiations for Belgrade's integration into the bloc, says Portugal's Foreign Minister.

Foreign Minister Luis Amado said in Belgrade during talks with counterpart Vuk Jeremic and Serbian Prime Minister Mirko Cvetkovic: "If the Serbian Government is cooperating with the (UN) International Criminal Tribunal for the former Yugoslavia... and if it has actively coop-

erated with the UN Secretary General to find a legal framework for the EU Kosovo mission, it is fundamental that the EU also recognises this and gives signs of cooperation with this Government."

It is important that EU leaders use their December summit to reward Serbia's decision to cooperate with a new European mission in Kosovo by renewing membership talks, added Amado.

UN chief Ban Ki-moon said last week that both Pristina and Serbia have agreed to work with the new EU mission, to take over

TPN/Lusa

Lost in a foreign land?



If you can't make contact because you don't know the number, DQ can help

we can find your number in one minute

Mon-Fri
09:30 - 18:00
directory
enquiries
in English

760 50 60 70

Calls cost 60c

from: fixed phones • call boxes • mobiles and mobiles on roaming
National & International • Business & Private

High-level Timor visit

Portugal's top aid official, Joao Gomes Cravinho, began a four-day visit to East Timor on Tuesday during which he was expected to launch a Lisbon-financed integrated development programme for the Ermera and Liquica regions.

Gomes Cravinho, the State Secretary for Foreign Affairs and cooperation, was also scheduled to hold talks with Dili's senior leadership, including President Jose Ramos Horta and Prime Minister Xanana Gusmão, during his stay.

Gomes Cravinho also participated in the First Congress of Health Sciences in Dili on Wednesday and unveiled a regional integrated development programme in Maubara on Thursday, the Foreign Ministry was reported as saying by the Lusa News Agency.

Portuguese institutions help finance both the Congress and the Ermera-Liquica Aid Programme, the latter to the tune of one million euros.

In approving the regional development programme last month, the Timorese Government said it would involve integrated projects in the fields of education, health, agriculture, gender equality, private sector incentives, and youth.

New rules for travel allowances into the EU

From this week, new rules on tax and duty free imports enter into force. Travellers will benefit from cost savings when importing goods into the EU in their personal luggage. At the same time, Member States will avoid administrative costs currently involved in collecting small amounts of duties and taxes.

Taxation and Customs Union Commissioner László Kovács said: "The bringing into force of new thresholds in duty-free travellers' allowances is good news for European travellers. Many of the previous rules, which have been in place since 1969, were no longer relevant to today's world".

From Monday, citizens now benefit from a nearly doubled monetary threshold and more generously calculated limits for certain beverages when importing goods in their personal luggage into the European Union. At the same time, due to the increased monetary thresholds Member States will avoid administrative costs currently involved in collecting small amounts of import duties and taxes.

Member States have also been given the option of reducing the quantitative limits on tobacco products (e.g. for cigarettes: from 200 to 40) in support of health policies.

The same rules apply if travellers come from territories where EU rules on VAT and excise do not apply, such as the Canary Islands, the Channel Islands, the French overseas departments, the Åland Islands and Gibraltar.

Portuguese amongst Europe's least content citizens



A 2006 European Social Behaviour Survey has highlighted the Portuguese as being amongst the least happy citizens in Europe, and those who are least content with life.

The study, which has been ongoing since 2001, is carried out in phases and compares values and social attitudes in 23 European countries. At the end of each phase of the enquiry the results from the various countries are compared.

A third phase was carried out in 2006/2007, the results of which were revealed this week in Lisbon.

They showed that Portugal occupied the "fifth lowest place regarding subjective well-being,

this relating to happiness and satisfaction with life".

Concerning psychological well-being Portugal is also below average, the Portuguese taking 16th place in the table of 23 countries and only surpassed by countries including Hungry, the USSR, Poland and the Ukraine, which is at the bottom of the 'Most Psychologically Motivated' list.

On the 'Social Well-Being' list

Portugal also fared poorly, taking 17th place.

Authors of this extensive social study relate the Portuguese downbeat outlook on life to the country's development.

It said, "In fact, the higher the level of progress noted by the United Nations' Programme for Monitoring Development (PNUD) in 2007, the higher the subjective, psychological and social well-being".

Portuguese start working sooner but leave home later

On a European level, the Portuguese fall behind most other countries when it comes to flying the family nest; despite starting their working lives earlier, most Portuguese will not leave the family home until long after their EU counterparts.

According to a European Social Enquiry that has been ongoing since 2001, "Portugal is the country where, on average, the first working experience happens at an earlier age, at around 17.7 years of age".

Phase three of the enquiry (ESS III), which took place between 2006 and 2007, recorded 2,222 face-to-face interviews carried out in Portuguese homes. It concluded that "earlier placements on the work market do not directly translate in independent residential terms".

The extensive study further revealed that in Portugal, on average, most individuals only leave their family home four years after starting their first job, which is at around age 21.

Another revelation was that most Portuguese wait for two years after moving into their own home before embarking on a serious relationship, which in most

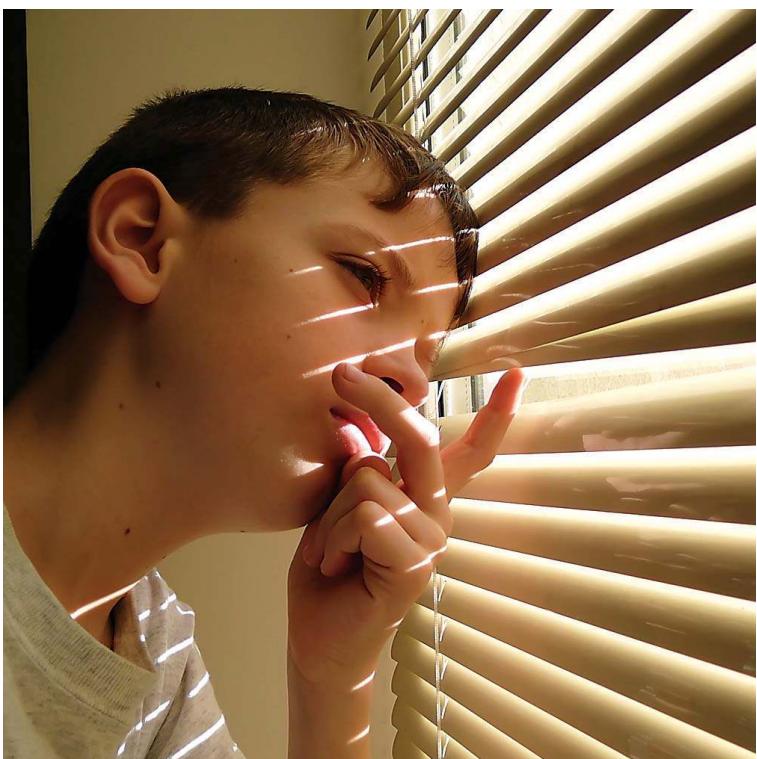
cases results in their first marriage.

In the same way that residential independence is highly valued in Northern European countries, in Portugal this is reflected by a first child.

The study also aimed to establish, on average, the favoured ages to marry, have children or leave the family home.

It concluded, "Generically, having sex before the age of 16, living with a partner before the age of 18 and having a child before the age of 20 is the norm in the current progression of life".

However, for the majority of Portuguese parents, having children living at home until the age of 30 is not acceptable.



Portuguese untrusting of others

This week the results of a third phase of a European Social Study (ESS III) were revealed and showed some curious traits concerning the Portuguese outlook on and attitudes to life. As well as being amongst Europe's most 'unhappy' citizens, they were also the most mistrusting.

Twenty three countries were involved in the study. In Portugal the study was conducted by Lisbon University's Social Science Institute, who carried out door-to-door interviews with 2,222 people, between October 2006 and February 2007.

Results concluded that the Portuguese have been, since 2002, "amongst a group of countries that show the lowest levels

of trust". Included in this group are Poland, Hungary and Slovenia.

These results were obtained from answers to questions such as "Do you think you can never be too careful when dealing with people or can you trust the majority?"; "Do you think most people will try to take advantage of you whenever they can or are most people honest?"; and "Do you think, most of the time, people

are more preoccupied with themselves or do they try and help others".

Along with the Portuguese, Polish, Hungarian, and Slovenians are some of the most suspicious populations, contrary to most Northern Europeans and Scandinavians.

It was noted that in Sweden, Finland, Norway and Denmark people were the most trusting.

In the middle of the table are Spain, France, Belgium, Austria, the UK, Holland, Switzerland, and Ireland.

Authors of the study relate the low levels of trust in some countries to "weak levels of coopera-

tion and association that is common to see in our society".

Faith in the future is also wanting amongst the Portuguese.

"The results show an evidently poor trust in the future on behalf of the Portuguese when compared to countries with a

lower Gross Domestic Product".

"In general, the lack of interpersonal belief and the low levels of faith in the future could be the result of poor confidence in institutions, as these have a referential role in their relationships with society".

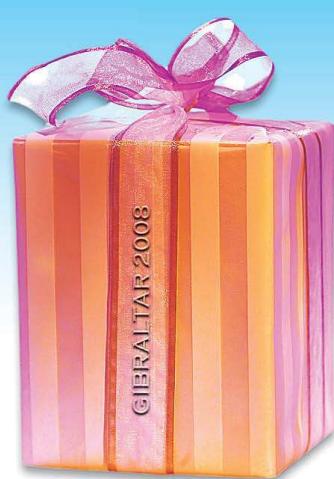
THE ADVICE BUREAU

Health & Safety • Bureaucratic Assistance • Translation Services

**Villa Licensing • Health and Safety Advice
Translations • Help with Bureaucracy**

Email: info@theadvicebureau.com

Tel: +351 289 093 215 www.theadvicebureau.com



Shopping



This Christmas enjoy a quality shopping experience in Gibraltar.

For more information
call us on +350 20074950
or visit www.visitgibraltar.gi

GIBRALTAR
TOURIST BOARD
Take A Closer Look

Lisbon's cargo docks face EU courts



Should political channels fail to stop the expansion of Lisbon's cargo terminal in Alcântara, those protesting the project are willing to take the matter to EU courts on the grounds of violating competition laws.

This was confirmed this week by Portuguese writer Miguel Sousa Tavares, who said it was one option being considered if political intervention proves non-effective.

Protestors are asking that decree-law number 188/2008, which altered the basis of concessions and allowed Alcântara's cargo docks to triple in size, be revoked.

These solutions were put forward by Miguel Sousa Tavares during a press conference to introduce a newly-formed association designated to defend the Tagus river area, named 'Lisbon, Tagus and Everything'.

Once again the alleged 'urgency' with which Alcântara needs its terminal expanded three-fold was brought into focus, followed by appeals to carry out more study's

to warrant the decision.

Expanding Alcântara's cargo terminal "will only serve the interests of a private company and is harmful to the general public", Miguel Sousa Tavares accused, during the conference.

"We have discovered various things: the project is useless and entails huge costs for the public. The only conclusion we have drawn after seeing the contract [which was signed with Liscont, the terminal's concessionaire] is that it is compatible with satisfying the needs of a private company".

Supporting the writer's criticism is the fact that the biggest part of investment being injected into the project is being footed by public entities, such as Lisbon's Port Administration and Rail Company REFER.

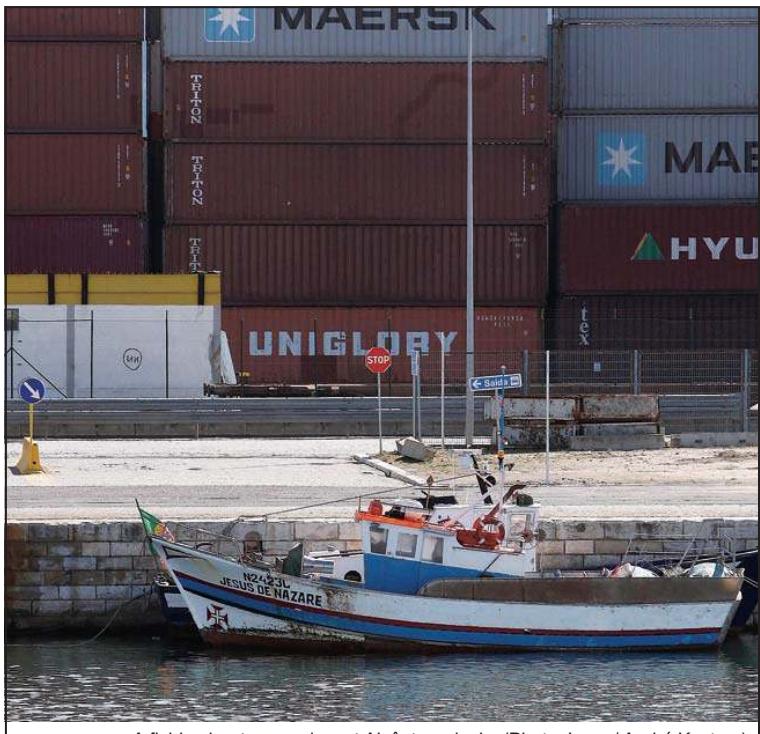
Between the two a total of €540.9 million will be invested in the expansion, with concessionaires Liscont investing an estimated €226.7 million.

Liscont will also be entitled to compensation should the cargo dock not hit its estimated targets.

Miguel Sousa Tavares further argued the need for the expansion had not been appropriately justified nor proved.

He also stressed that the movement against the port's expansion is supported by the City Hall's opposition and by 41 of the 53 parish council mayors. He appealed to PS deputies to "put party obedience to one side" and support the cause.

The Association's main goal is to protect the City of Lisbon and its river from the "attacks" to which it is being subjected.



A fishing boat moored up at Alcântara docks (Photo: Lusa / André Kosters)

Bank robbery injures six

Six people were injured after inhaling toxic gas when a lone assailant attempted to hold up a branch of the Millennium/BCP bank in Setúbal, in the Jumbo hypermarket.

According to PSP police sources, at least one shot was fired at an officer during the incident.

It was also reported that the individual "launched a toxic gas grenade to cause confusion within the branch".

The source said "Our officers also fired a few shots at the presumed assailant but we do not know if he was hit", as the suspect managed to flee the scene on a motorbike and police do not know as yet if he

managed to steal anything from the bank.

After being assisted by local firemen five of the six victims who inhaled the gas, later established as pepper gas, were taken to the Hospital São Bernardo for further assistance. None are in a serious condition.

Woman abducted at shopping centre



A woman was abducted and robbed in broad daylight last week as she parked her car underground at Cascais Shopping.

Threatened with a knife, the woman was forced to give her credit card and pin number and was then taken, in her car, to a cash point where the thief withdrew €200 from her account.

It was around 10h30 on Friday morning when the Cascais resident went to Cascais Shopping and, after turning off her engine, she was approached by a man holding a

knife: "When I was opening the door, he showed me the knife and told me to sit on the passenger's seat. I told him I would give him my credit card, the code and the car. I just wanted him to let me go" said the distraught victim. The fifty year old lady was then forced to lie in the boot of her own car, a Mercedes-Benz, while he drove to a cashpoint in Monte Estoril.

After withdrawing the cash, the assailant returned to the car and drove back to where he had approached the lady in the first place: "He drove to a cash point, withdrew €200, came back to the car, drove back to Cascais Shopping and parked in the same place. He told me to sit back in the front and then advised me never to park in dark places. He walked back to his car and left" said the victim, adding that he had not used any violence to carry out the crime.

Despite having several security cameras and security guards in the car park, nobody was present to assist the lady when the crime happened. The lady is not expecting any compensation from the Shopping Centre but just warned management that there should be more safety in these areas.

Police sources said the criminal had already been identified and would be arrested in the near future.

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 – 1°C 2750 – 511 Cascais

Tel : 21 486 3012

<http://clinic.chaley.pt>

American holiday luncheon

Americans in Portugal has announced that on Tuesday, December 16 it will hold a "Holiday" luncheon at the Portugal Naval Officer's Club (The Messe de Cascais), on the waterfront in Cascais, near the Baia Hotel. The Luncheon is open to all nationalities: everyone is welcome to attend.

The holiday theme will be "Gifts for SOS Children". The children, with help from their house Mothers and Santa's Helpers, will write their name, age and a small (5€ to 10€) gift of choice. Each attendee will be paired with a boy or girl for the purpose of fulfilling the child's wish. AmP will deliver the presents to the SOS, for its children's Christmas Party, on December 21.

The "served" luncheon will consist of a choice of Lombo de Porco, rolled with dates; a fish plate of Chernes à Monte Belo; or a vegetarian dish. Please select which of these dishes you would like to eat when you confirm your reservation. During the "social" (12:45 – 1:30) waiters will serve hot appetizer hors d'oeuvres, accompanied by your choice of red or white wine, soft drinks or water. The cost of the entire meal and drinks is €25.00, payable in cash, at the door.

The luncheon will consist of a goat cheese salad; dinner rolls with butter, olive and beet spreads; your main dish including purée of potatoes and vegetables; and dessert, which will be a choice of sliced mango or crème brûlée, served with coffee or tea. Red or white wine and water will be served throughout the meal.

Reservations are necessary, and must be received by noon, December 10. You can reserve by sending an email to ddprice98@hotmail.com or calling Don David Price, Americans in Portugal (Club) Director, at 91815 51 16. All Reservations will be confirmed. AmP will also hold a "Door Prizes" raffle – where each

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

8	6	4	2	
4	3	5	2	1
6				7
4				1
	7	4	5	
8				7
	7	4	5	
8				1
	9	1	6	3
1	8	7	9	

Last weeks solution:

7	4	9	2	5	3	8	1	6
2	3	1	7	6	8	9	5	4
6	5	8	1	9	4	7	2	3
8	9	5	6	2	7	4	3	1
4	7	6	5	3	1	2	9	8
3	1	2	8	4	9	5	6	7
9	8	7	3	1	5	6	4	2
5	2	3	4	8	6	1	7	9
1	6	4	9	7	2	3	8	5

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Portugal fighting screw-cap trend to save cork forests



'New World' wine producers that opt for screw caps or synthetic bottle stoppers as opposed to real cork are inadvertently threatening to kill off one of Europe's most important natural habitats along with a number of rare animal species, including the Iberian Lynx, according to recent reports.

It has recently emerged that falling demand for authentic cork stoppers is gradually forcing farmers to replace cork trees with alternative crops, such as eucalyptus trees.

At present, according to the World Wildlife Fund (WWF) website, Portugal is the world's largest cork producer, followed by Spain, Algeria, Morocco, Italy, Tunisia and France.

The majority of cork harvested in Iberia is used to produce bottle stoppers, which represents an estimated 70 per cent of the income from harvest. However, traditional cork stoppers are being replaced with synthetic closures or screw caps, which now account for around 20 per cent of the market.

It is said that problems with bottles of wine becoming 'corked' (in layman terms, where the wine develops a musty smell and becomes undrinkable due to contamination with a chemical known as Trichloroanisol), have lead many wine connoisseurs to opt for bottles with synthetic cork or screw tops instead.

In a nutshell, this shift in traditional bottle stopping to using modern-day products is threatening to wipe out cork forests, along with the species that reside therein.

Cork oak forests in Portugal cover an estimated 33 percent of land mass and are home to a number of rare and endangered species, particularly in Southern Portugal.

These include black storks and booted eagles, which are already disappearing in some areas, and the Iberian Lynx, which over the past few years has been the subject of extensive reporting and campaigning.

A study by conservation char-

ity The World Wildlife Fund and which was recently reported in *The Telegraph* newspaper estimated that up to three quarters of the Mediterranean's cork forests could be lost within 10 years.

Over the past ten years in the Algarve, cork forests have declined by 28 per cent.

In an attempt to boost productivity, Portuguese cork producers have introduced new sterilisation and purification methods to ensure corks are not contaminated with Trichloroanisol.

Possibly the most problematic issue is the enigmatic Iberian Lynx, which reports over the past few years have described as being on the brink of extinction. The Iberian Lynx is officially classified as the most endangered big cat in the world, with a report published in 2004 by SOS Lynx for the European Parliament showing at that time there may only have been as few as 135 left, of which 28 were believed to be breeding females. SOS Lynx successfully lobbied for the start of an emergency breeding programme.

Significant efforts were made to repopulate Portugal with Iberian Lynx, amongst which was a purpose-designed reproduction centre, in Silves.

Over the years Portugal's cork industry has not been without turmoil.

In August this year environment protection agency Quercus considered the felling of 1,200 cork trees in Vale da Rosa a "glaring disregard" of the law. The trees were felled to make space for a mega residential development.

Legal action was instigated by Quercus to stop the felling, the Association alleging the trees are of a species protected by Portu-



Inhabitants of Cortelhã in Serra do Caldeirão made a nativity scene out of cork last year. Cork production is one of the principal businesses in the Algarve. (Photo: Lusa / Luis Forra)

guese law.

Back in 2001 there were political moves to defend Portugal's cork oaks when delegates from the Socialist Party-run council of Montijo met with officials representing the then President Jorge Sampaio with the initiation of a national petition to be presented to Parliament.

Motivated by the perceived weakening of legal protection for cork and Holm oak trees, environmental groups such as Quercus voiced their concern over the proposed changes to the law since it was first drafted in the year 2000.

The felling of 66 hectares of cork forest for the controversial Alqueva Dam project, in the northern Alentejo, also highlighted threats posed by development projects to existing oak woodland.

CENTRO PACÍFICO
INTERNATIONAL HEALTH AND WELLNESS CENTRE

G.P'S AND FAMILY DOCTORS

NOW AT

Medical Consultations For Residents For Only... €30

MEDICAL DOCTORS WITH OVER 30 YEARS EXPERIENCE

OFFICIAL PRESCRIPTIONS

24 HR EMERGENCY LOCAL HOME AND HOTEL VISITS CALL: + 351 91888618

OPEN MONDAY TO FRIDAY 9AM-1PM & 6PM-8PM SATURDAYS 9AM-1PM

PORTUGUESE, ENGLISH, GERMAN, SPANISH AND FRENCH SPEAKING DOCTORS

Open your mind for the benefit of your health, at Centro Pacifico

British Products in the Algarve

Established 6 years

Open 7 days

English newspapers
Greeting cards at €1.65

LET THE MAGIC IN

EVEN BIGGER with more than 12,000 products in stock

Compare our prices and range

Fresh, Frozen and General groceries

High Street, ALGOZ,
near Algarve Shopping, Guia
Tel: 282 575 061

10am - 7pm Mon - Fri • 10am - 5pm Sat • 10am - 2pm Sun & holidays

'BEST OF BRITISH' SUPERMARKET

Over 1,000 lines of products

THOMAS GREEN'S IN LAGOS

CHRISTMAS STOCK IS NOW IN!

Claim your FREE 'BRATZ' or 'DOCTOR WHO' Advent Calendar for every purchase of €20

Open Monday to Friday 10am to 7pm
Saturdays 10am to 5pm
Telephone: 282 799 023
please email for Christmas stock list
E-mail: lagos@thomasgreen.pt
Website: www.thomasgreen.pt

Easy To See, Easy To Find!
Come into Lagos on the EN125 (from Portimao) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.

'BEST OF BRITISH' SUPERMARKET

Over 1,000 lines of products

THOMAS GREEN'S OLHOS DE ÁGUA ALBUFEIRA

CHRISTMAS STOCK IS NOW IN!

Thorntons, Anthon Berg and Elizabeth Shaw chocolate boxes.
Tins of Quality Street, Roses, Terry's Segsations and Bassets Allsorts. Cadburys Selection Boxes.

Advent Calendars and Christmas Stockings. Stocking Fillers. Biscuits Selection Boxes and Tins by Cadburys, Fox's and Jacobs.

Good selection of Christmas Puddings, Cakes and Mince Pies. Seasonal Snacks and Nuts.

Selection of Stuffings and Sauces. Christmas Crackers, Cards and Gift Wrap. And much more at very competitive prices.

Visit us at Praça do Mercado, Loja 12 Olhos de Água (Close to the Municipal Market)

Friends of Cambodia appeal



The Art of Dining exhibition being held at Galeria Corte-Real in Boliqueime is to be extended for three more days from Thursday December 4th until Saturday 6th.



Table settings inside the gallery.

Organised by Algarve residents, Geraldine Willcox MBE and Gita Nasta, the entry charge of €10 is to be donated to the charity, Friends of Cambodia.

Twenty table settings are on display, each one with a specific theme that has been executed with artistic flair. A programme outlines the various ideas that have been used for inspiration, as well as the backgrounds of the people who have laid the tables. The gallery has been beautifully decorated for Christmas, including a new exhibition of paintings by artist Liz Williams.

The charity helps children from the hill villages of northern Cambodia by providing boarding accommodation beside a school. The school is state run but without sleeping facilities and free meals, children from distant villages could not attend.

All the money raised is sent directly to the project leader in Cambodia ensuring that none of it is wasted on administration. The charity links people who are fortunate enough to live in the Algarve with some of the most needy children in the world.

Galeria Corte-Real is located in Boliqueime railway station sign posted from Fonte de Boliqueime roundabout on the EN 125. Opening times: from 11am until 4.30pm.

Website: friendsofcambodia@world.net.pt

CHARITY DETAILS for Cambodia Appeal: -
National registration number 498645
Donations to Banif Bank
NIB: 003802490552911577107
IBAN: PT50 003802490552911577107
SWIFT CODE: BNIFPTPL

Tavira Treasure

Each year the Associação Light of the World Communities (Tavira Christian Centre) collects money and small items to help some of the most disadvantaged members of our community – the old and the very young; old people living alone or in old people's homes and young children living below the poverty level. Many will not receive even a single gift at Christmas.

The money raised will be used to provide items for these needy members of our community, both during the year in the form of non-perishable food stuffs and to provide small gifts at Christmas for both old and young alike.

We are also happy to receive small items, preferably new, or in excellent condition to help in the making up of Christmas parcels. Ideas include: toiletries, scarves, gloves, jewellery, toys, pens, school equipment, notebooks, combs, hair slides,

toothbrush, make-up, dolls, crafts, colouring books, etc. Good quality clothes and bric-a-brac for sale in the charity shop we are opening during December would also be welcome plus any non-perishable foodstuffs for distribution to needy people in the area.

Further details, contact Jackie King, Pastor, Tavira Christian Centre. Ph: 281 322 857 or 918 348619. Tavira Christian Centre, 126, Rua Almirante Reis (Opposite Australia Bar), Tavira.

Theatre at the Garbe - Seasonal suppers



Recently staged at the Raj restaurant in the Garbe Hotel, Mick Warburton's play 'The Waitress' was directed by Suzanne Jefferies who also took the leading role.

Performing alongside Victor Graham, the pair convincingly delivered an intriguing dialogue set in the restaurant of an exclusive hotel.

The situation - not dissimilar from diners at the Garbe enjoying a theatre dinner evening - focuses on the relationship between Daisy, the waitress and Mr Roland a permanent resident at the hotel.

The performances held over two nights were a great success with Suzanne Jefferies and Victor Graham once again bringing professional theatre to the Algarve.

During the winter season, the management of Hotel

Garbe is keen to support live productions and local actors.

Last week a new theatrical venture brought playwright and actress Nicky Moran to perform at the Raj restaurant. Presenting a solo show she had written herself, 'Snakes and Ladders' tells the story of a reformed bag lady. Containing humour alongside pathos both the script, performance and production were praiseworthy.

Assisted behind the scenes by technical director Midge Ridley, the pair staged a credible production that generated real emotion.

Contact Hotel Garbe on 282 320 260



Suzanne Jefferies and Victor Graham in *The Waitress*.

GOLD SILVER JEWELLERY
BUYING ANY CONDITION
Coins • Watches in gold & silver • Old oil paintings
TOP PRICES PAID
Honesty & Safety
English & Portuguese spoken
TM: 960 212 008 from 10am - 6pm



All Saint's Anglican Church can arrange your Wedding or Marriage Blessing in a superb, if not idyllic setting. We also have special arrangements with a Wedding Planner who can offer superb locations for your Wedding or Blessing Ceremony and celebration, which include a beach setting, beautiful gardens (weather permitting), a Pavilion or Marquee for larger groups. Plus other arrangements including transport, accommodation, catering, photography.

ALL
Saints
ANGLICAN CHURCH

For more information
please call
351 282 380 311
or go to
www.allsaintsalgarve.org

Home is here!

Ye Olde English Minimarket

With a wide range of English products in stock, your spoilt for choice!!

Come see for yourself what English goodies we have and any items we have missed, just add them to our customer request form and we will see what we can do!!

Christmas items are now in stock too!!

CHRISTMAS
GIFTS

SAPATOS DE CRIANÇA
Bella®
SHOES + KIDS



GEOX, NATURINO,
SNUGGS, RAP, PRIMIGI,
CROCS & lots more!
Rua Infante de Sagres, nº 55,
LAGOS Tel: 282-761155

Dr John Piper MB, BS, FRCS

Surgery at Armação de Pêra
Clipsa - Clínica Particular de Saúde, Lda -
on Mondays and Thursday mornings.

Av. Marginal, Edifício Atlântico I
8365 Armação de Pêra. Call 282 315 761

Don't miss a visit to the
FARO JEWISH HERITAGE CENTRE
Synagogue Museum

The only remaining vestige of the
1st post inquisition Jewish Presence in Portugal
Open Weekdays 9h30 – 12h30 & 14h00 - 17h00

Tel: FJH Centre: 289 829 525 • João (Guide): 936 394 488
Ralf: 968 440 414 • email: Ralf.Pinto@sapo.pt
www.farojewishheritagecentre.org/

Ria Formosa demolition dates set

Demolitions on Formosa River's small islands will begin early in 2009, starting on São Lourenço island in the Rataz and Coco areas, said the chief of Ria Formosa's coastal renovation project.

"Work on the islands are towards naturalization, and in 2009 will advance with demolitions on the islands" said Valentina Calixto. Besides the naturalization of some of the islands, others will have a complete overhaul with buildings being totally renovated or restructured.

The head of the Ria Formosa coastal renovation company also added that fishermen who have

their homes demolished will be rehomed, although the locations have not been disclosed yet as the detailed planning has not been finalised. "In line with the Provisional Plan for the Coastal Seafront (POOC), all the residents who are associated with fishing have the legal requirement to be reallocated to new homes."

Polis Ria Formosa is a project to renovate and add value to locations in close proximity to the river and is being financed with an €87.5 million investment, to be used between 2008 and 2012, and will be carried out in five Algarve councils.

Dam hotels get green light

The Algarve region will have new tourist attractions in the near future as the Arade and Funcho dams have three hotels planned for construction, aiming to attract people to the Algarve's interior region.

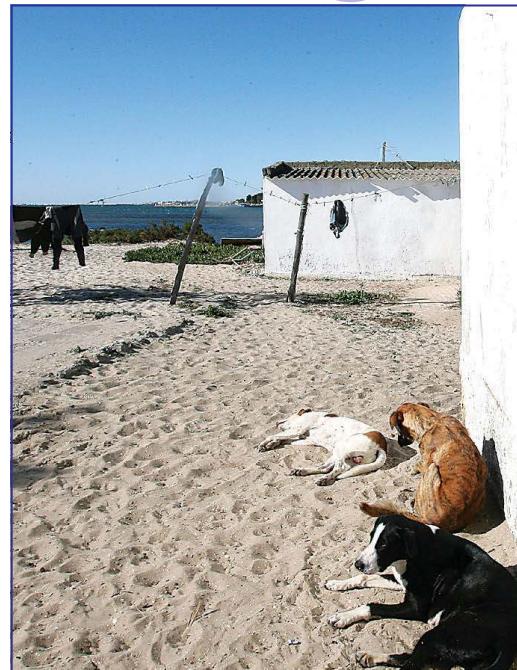
According to the provisional plans for the two dams, a 100 bed hotel will be built in the area surrounding the Arade dam, providing leisure and recreational activities. Two mooring points with access ramps, a boat collection area, a museum and education unit, and a car park will be built to complement the hotel.

In the Funcho area, a practically abandoned rural area will be renovated to bring in 'village tourism' and it will have other new structures, such as a restaurant and mooring points for boats travelling across the reservoir. The plans also mention a 160 bed development in the Abranteis area.

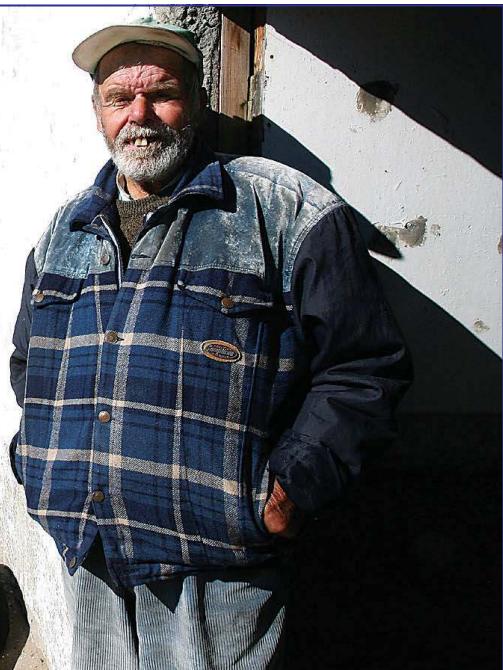
Even before the plans were passed, several private investors have shown their interest in build-

ing tourist developments in the area, but only now do they have the conditions to carry out such projects.

Isabel Soares, Silves Mayor, has demonstrated her approval of these projects: "These projects are very important to diversify the Council's tourist attractions and diminish the asymmetries that currently exist between the coastal and interior area", for which the Council "will give all possible support towards its completion."



João Poeiro, resident for 12 years on the São Lourenço island, thinks that the demolition work which will start in 2009 won't affect his home. (Photo: Lusa / Luis Forra)



Portimão connects to lonely elderly

Portimão Council has installed 23 help phones in the homes of elderly people, who live alone or are isolated, so emergency situations can be taken care of in a more effective manner.

The innovative system used is the help-hone. It consists of a telephone assistance system that is permanently connected to a

bracelet or neck chain and offers 24 hour assistance all year round via a quick and safe communication system.

The service was first introduced as an experiment in July last year and is currently being used in sixteen homes in Portimão and seven in Mexilhoeira Grande.

Having pleased many of its users, all are willing to continue to

use this service, obliging Portimão Council to buy thirty more units, representing a €6,300 investment plus €230 per month for the assistance services, as requests keep coming in for the useful service.

Completely free for its users, the service sends instant messages to nurses and doctors, firemen or police, family contacts or

even professional assistance staff such as plumbers or electricians. Most calls coming into the centre are for the 'Friendly Voice' support service, or information on health issues.

The project was brought to Portugal to promote a greater feeling of safety and support to the elderly who are isolated, live alone or have reduced mobility.

Algarve stages massive traffic police operation

The Brigada de Trânsito (Portuguese Traffic Police) carried out a huge police operation in Southern Portugal last weekend, focussed more in the Algarve region as officers closed off the motorway at the service station in Loulé, and also the IC1 in São Bartolomeu de Messines.

The operation, which involved sixty officers, contacted Euroscoot (the company in charge of the A22) to close off a section of the motorway so all the cars that passed that point

could be inspected at the Loulé service station.

Over 1,000 vehicles were inspected in the operation which issued 382 fines and led to the arrest of three individuals. On the

motorway alone officers inspected 600 vehicles, arresting one driver for not having a driving license and fined 270 for other infringements. Major Paulo Oliveira, head of the Algarve

Traffic Police, was very happy with the results as nobody was registered with a criminal blood alcohol level and less than twenty drivers were fined for speeding.



Ice skating in Faro

Last Saturday was the inauguration of Faro's prime Christmas attraction, its very own ice skating rink. The 325m² rink, located in Pontinha Square, will be the only one in Faro as Forum Shopping have decided not to build one this year.

The ice skating rink and walkway cost Ambifaro €60,000 and the Mayor hopes some of the initial investment will be returned with the sale of tickets. A thirty minute session on the rink costs €2.50, €0.50 of which is being sent to the Food Bank: "We think that, in difficult economic times for everyone, we should have a social responsibility. The fifty cents represent this policy" said Faro Mayor José Apolinário.

Besides the ice rink, children will have lots of activities to enjoy during this festive season in Faro as the City also has giant inflatables, a

Santa's House, a Multimedia Library and a Science Shop, all spread out at various different venues throughout the Council. Close to the skating rink will also be a Christmas tree exhibition, all beautifully decorated by students from several primary schools in the council.

Faro's Christmas entertainment schedule is a busy one this December: this Sunday is the 6th Invasion of the Small Santas, with an Avô Cantigas show, and on Monday is the Faro Fashion Christmas '08, a fashion show which Fernando Mendes (presenter of Top+ RTP1 programme) will present.

A trip to Finland's Lapland is also up for grabs to customers who spend over €20 in shops that have registered with the Council for the competition.

British Consulate moves premises

As of Tuesday December 9th, the British Consulate in Portimão will be operating from its new premises, located opposite the Club Naval, on the riverfront. Doors will open, as normal, from 0900.

The last day at the old premises will be Friday December 5th, and will close to the public as usual at 1400.

Opening times to the public remain Monday – Friday, 0900 – 1400, and telephone enquiries thereafter until 1600. Closed weekends and bank holidays.

The Consulate will be closed on the following dates: Monday 8th December, Thursday 11th December, and Friday 12th December, 2008.

In case of an emergency such as death, serious assault or arrest, call the emergency number on: (+351) 21 392 4000.

Contact details for the Portimão British Consulate remain: telephone (+351) 282 490 750, fax: 282 490 758, e-mail: bc.portimao@netcabo.pt, or website: www.ukinportugal.fco.gov.uk.

The New address is: British Consulate, Apartado 609, Edifício A Fábrica, Avenida Guanaré, 8501-915, Portimão.

Rotary present wheelchair to ASCA

Almancil International Rotary Club, in conjunction with a Rotarian from a UK club, recently presented a wheelchair to the Associação Social e Cultural de Almancil (ASCA).

Peter Hinze, President of AIRC said,

"This is a perfect example of Rotarian co-operation and spirit for the good of the community."

AIRC regularly donates items of clothing and various goods to ASCA, all are distributed within the Loulé district.

Seen right: President of ASCA Hermes Alberto, Secretary of AIRCC; Bart van Linden and President of AIRC, Peter Hinze.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

Advertisers please think!

SIR, Please may I use this space to ask you to ask your advertisers to say where they are, especially if they only use a TM (mobile) number.

Many times have I answered an ad only to find the item or service is at the other end of the country ... Portugal also exists north of the Algarve you know!

W O L F G A N G BAKEOVEN, By e-mail

James' response

SIR, At what point in our evolutionary development did we become "made in God's image"? Ron Lavery probably wasn't sincere when he (Nov.29) put this question to me but since there are honest people who read the The Portugal News, I will respond with one theory for their sakes.

The fossil record shows that Neanderthals, Homo Erectus, Peking Man, etc. did not have voice boxes evolved enough for speech, a necessary component of rational and free thought. Only when the organs of speech had sufficiently evolved in Homo Sapiens did God infuse rational and free souls into Adam and Eve. Since they were not pure spirits as are the angels, they also needed speech and language to communicate concepts and ideas to one another.

Lavery reveals his ugly mindset when he goes on to assert that the purpose of all life, including ours, is to perpetuate genes and serve as food for other species. Even as a child I knew our purpose was to "...know, love, and serve God in this life and be

happy with Him forever in the next" (Baltimore Catechism).

Finally, all of the rending of garments by Leslie Fraser and Michael Baugh for my supposed misrepresenting them is phony. They put down in print their views and now want to weasel out of having unmasked themselves.

JAMES ROSS, Estoril

Recent letters

SIR, I have been reading with some amusement the rants from James Ross and the rational replies that all oppose him, and wonder why he does not realise that constantly insulting everyone else simply demeans him.

I would like to congratulate Ms. Fraser for her dignified withdrawal as I'm afraid, Mr. Ross, that dignity is something that seems to have rather passed you by.

DANIEL FRENCH, By e-mail

Ref. J.R.

SIR, In the same issue that I wrote: "I can only recall one [reader] coming to his aid with a few words of support." James Ross, in his baiting of John Clare, mentions "my other avid readers". In an apocryphal annual report a junior officer's superior wrote, "His men will follow him anywhere – but only out of idle curiosity." Something similar may apply here. Perhaps people are curious to see what further irrelevant red herrings J.R. can dream up as he skilfully dodges the more awkward questions of other readers?

RON LAVERY, By e-mail

Give us a break!

SIR, I enjoy reading your pa-

per until I get to the Letters Page. Could we please have nothing more from or about James Ross. The majority of us do not want his opinions and certainly those who consider themselves insulted object. He is making a hobby out of his letter writing and I'm sure he could well apply his energy to some charity work.

More letters like the one from J.M. Nuttall would be welcome. So stop pandering to James Ross' ego and give the rest of us interesting letters, and a rest from James Ross. Mr. John Clare expressed the point better than I and I think his points should be observed.

ADRIANNE M. DAVIES, Carvoeiro

Because of other requests as well, we are having a sabbatical from James Ross and the ongoing debate with other correspondents. So we look forward to receiving your 'more interesting letters' from all those people who have complained. Ed.

Response to 'Parcels by post'

SIR, In reply to the letter from John Webster and Mike Paice, I had a similar problem back in September when a friend sent me a birthday present from his local post office, air mail, to my Apartado, after not receiving it I questioned Loulé post office where I have an Apartado. After some arguing and shouting and my kind friend in England going back to the post office where he had sent the parcel from, I finally got the telephone number of a local transportation

company in Boliqueime where my parcel had been delivered to. They could not deliver it to Loulé post office for me to collect as they have no agreement with Loulé post office to deliver parcels.

After much questioning and arguing (I can speak and understand Portuguese, but I am by no means fluent or word perfect) they told me this often happened since Royal Mail restructured the way parcels are sent abroad and since a number of divisions had been privatized, and there was nothing they could do about it. However if my parcel had been of a smaller size or weighed less it would have been sent by post to

erected it to my house. This is not an uncommon problem with receiving parcels I have heard this story from several English friends who have never received their parcels. So tell people sending parcels to clearly write the destination and a home or contact telephone number on the parcel, sadly there is little else that we can do. With the Christmas season almost upon us many parcels may be lost or just never received because of the way they have been sent by the Royal Mail!

GAVIN FELLOWS, Loulé

New 150 million euro resort planned for the Algarve

SIR, Re the above headline in last weeks Portugal News: This new development to be built close to the beach in Alvor, is said by the developers to be 'looking to turn the Algarve into Europe's Florida'

Have these developers done their market research I wonder ... basic logic would dictate that Europeans who seek the attractions of Florida will indeed do just that - and go to Florida as their destination of choice... or am I missing something?

In any event, the notion of Alvor, (currently attractive in its own right whilst still retaining some of its Portuguese flavour), becoming transformed into a kind of Miami clone or similar - frankly makes me cringe!

What do others feel?
PENNY WOLFF, Alvor

Fiscal observance

SIR, In its most recent review, the Portuguese Central bank made the remark that unemployment would be prolonged partly due to over-generous unemployment benefit. (It got the obvious reception!). Central Banks throughout the EU have made similar *obiter dicta*. Their sub-agenda seems to be that the recession could produce yet lower wages - if only unemployment benefit was reduced

- thereby affording business greater profitability which is conducive to growth and supposedly, greater job creation. Maybe in normal times (I disagree) - But in a recession!?

It beggars belief that these people are so economically illiterate. These were the nostrums of the '30s! Have they not understood that the underlying cause of this recession is too treat a differential between Price Level and Wage Level, i.e., capital accumulation. If you reduce wages you reduce purchasing power. Therefore, you will reduce consumption and revenue to business. After a time lag during which Profit does increase, Profit is restored to its previous level - and the cycle repeats in a downward spiral.

In a classic recession, the 'Bottom Line' is for Goods to cross the Counter in exchange for Cash ... not Credit! (This will avail more elsewhere.) Therefore, the immediate priority should be to increase real purchasing power to a maximum. Reduce prices, retain labour for as long as possible and at least maintain wage levels, ie, reduce profits still further. The usual 'optional' sectors are 'slashing' (?) prices, but the more obdurate sectors whose costs are 'unavoidable' (!) should be coerced into such a process by whatever means Government has at its disposal. Government too can play its part by removing taxes on markets in preference to any other relief.

Senhor Sócrates intends to bring forward the renowned infrastructural projects as a stimulus. Their effects will be a long time coming and possibly not all that widespread. Besides this, there will be a massive national debt hazard. Meanwhile, a ramp-up in consumption can provide a more instant, all-embracing, randomised fillip. Counter-intuitively, capitalists should do their utmost not to accumulate capital!

J.A.RUST, Figueira da Foz

Please note:
Due to popular demand we are discontinuing, from next week, the ongoing debate between James Ross and other correspondents, for the time being.

366

Portuguese for all

Na lição de hoje vamos distribuir presentes de Natal para algumas pessoas, de acordo com o seu perfil.

Até à próxima lição, Emília Rosendo.

Exercise: Read the paragraphs and decide who should be given the presents listed in the box which follows.

livro de receitas	microscópio	bicicleta
guarda-chuva	moldura	manta
guarda-jóias	triciclo	globo

- Infelizmente, a **Anabela** não gosta mesmo nada de ler. Ela prefere passar o seu tempo livre no sofá da sala a ver filmes, sobretudo durante as noites mais frias de Inverno.
- A **Sónia** é uma menina que gosta muito de ter o seu quarto bem arrumado e as suas coisas pessoais devidamente guardadas e organizadas.
- A **Carla** interessa-se bastante por saber quais são as capitais dos países e onde estes, os mares e os oceanos se localizam.
- O **Carlos** é solteiro, vive sozinho num pequeno apartamento e come quase sempre fora porque, segundo diz a toda a gente, não tem talento

nenhum para a cozinha.

- Sempre que vão ao parque com a filha, os **pais da Maria** tiram-lhes muitas fotografias. Eles gostam particularmente de uma, que já mandaram revelar, em que a Maria está a andar de escorregãa.
- O **André** é um rapaz muito distraído e, por isso, esquece-se frequentemente das suas coisas por onde quer que passe ou esteja ou aonde quer que vá.
- O **António** é um bebé muito activo que, desde que começou a andar, não pára quieto um minuto.
- O **João** é um jovem verdadeiramente dedicado aos estudos. Muito bom aluno e trabalhador, quer ser, um dia mais tarde, cientista. É curioso e interessa-se principalmente por assuntos que estejam relacionados com as Ciências da Natureza e com a Geografia.
- A **Maria** adora ir ao parque com os pais. Lá há muitos divertimentos e algumas das crianças da sua idade usam a pista alcatroada para andar de patins ou de skate.

The situation in Zimbabwe, where riot police used batons this week to disperse a protest by health workers against a cholera outbreak that has killed over 500 people, is "desperate" and on the verge of collapse, particularly in the areas of health and food supply, says Portugal's envoy to Harare.

Ambassador João da Camara told the Lusa News Agency's correspondent in neighbouring South Africa by phone he remains "sceptical" at chances for a deal to create a legitimate government in Harare, but "without a functioning executive the country will continue along the road to total collapse."

"The situation is characterised by heightened economic and financial meltdown, immeasurable growth of misery and collapse of infrastructures," added da Camara, in addition to a cholera epidemic that is "out of control."

But despite the utter desperation of most Zimbabweans in the face of continuing deadlock between veteran President Robert Mugabe and opposition chief Morgan Tsvangirai to reach a power-sharing agreement, Portugal's ambassador said he didn't believe unchecked violence will erupt, as the people and leaders alike have no "natural inclination" for such behaviour.

TPN/Lusa

Four Harsh Truths about Climate Change

The scenarios predicted failed states proliferating because governments couldn't feed their people; waves of climate refugees washing up against the borders of more fortunate countries; even wars between countries that shared the same rivers. So I started interviewing everybody I could get access to: not only senior military people but scientists, diplomats and politicians.

About seventy interviews, a dozen countries and eighteen months later, I have reached four conclusions that I didn't even suspect when I began the process. The first is simply this: the scientists are really scared. Their observations over the past two or three years suggest that everything is happening a lot faster than their climate models predicted.

This creates a dilemma for them, because for the past decade they have been struggling against a well-funded campaign that cast doubt on the phenomenon of climate change. Now, finally, people and even governments are listening. Even in the United States, the world headquarters of climate change denial, 85 percent of the population now sees climate change as a major issue, and both presidential candidates in last month's election promised 80 percent cuts in American emissions of greenhouse gases by 2050.

The scientists are understandably reluctant at this point to announce publicly that their predictions were wrong; that it's really much worse and the targets will have to be revised. Most of them are waiting for overwhelming proof that climate change really is moving faster, even though they are already privately convinced that it is.

So governments, now awakened to the danger at last, are still working to the wrong emissions target. The real requirement, if we are to avoid runaway global warming, is probably 80 percent cuts by 2030, and almost no burning whatever of fossil fuels (coal, gas and oil) by 2050.



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His book, "After Iraq", has just been published in London by Yale University Press.

The second conclusion is that the generals are right. Food is the key issue, and world food supply is already very tight: we have eaten up about two-thirds of the world grain reserve in the past five years, leaving only 50 days' worth in store. Even a one degree C (1.8 degrees F) rise in average global temperature will take a major bite out of food production in almost all the countries that are closer to the equator than to the poles, and that includes almost all of the planet's bread-baskets.

So the international grain market will wither for lack of supplies. Countries that can no longer feed their people will not be able to buy their way out of trouble by importing grain from elsewhere, even if they have the money. Starving refugees will flood across borders, whole nations will collapse into anarchy – and some countries may make a grab for their neighbours' land or water.

These are scenarios that the Pentagon and other military planning staffs are examining now. They could start to come true as little as fifteen or twenty years down the road. If this kind of breakdown becomes widespread, there will be little chance of making or keeping global agreements to curb greenhouse gas emissions and avoid further warming.

The third conclusion is that there is a point of no return after which warming becomes unstoppable – and we are probably going to sail right through it. It is the point at which anthropogenic (human-caused) warming triggers huge releases of carbon dioxide from warming oceans, or similar releases of both carbon dioxide and methane from melting permafrost, or both. Most climate scientists think that point lies not far beyond 2 degrees C hotter (3.6 degrees F).

Once that point is passed, the human race loses control: cutting our own emissions may not stop the warming. But we are almost certainly going to miss our deadline. We cannot get the ten lost years back, and by the time a new global agreement to replace the Kyoto accord is negotiated and put into effect, there will probably not be enough time left to stop the warming short of the point where we must not go.

So – final conclusion – we will have to cheat. In the past two years, various scientists have suggested several "geo-engineering" techniques for holding the temperature down directly. We might put a kind of temporary chemical sunscreen in the stratosphere by seeding it with sulphur particles, for example, or we could artificially thicken low-lying maritime clouds to reflect more sunlight.

These are not permanent solutions; merely ways of winning more time to cut our emissions without triggering runaway warming in the meanwhile. But

About two years ago, I realised that the military in various countries were starting to do climate change scenarios in-house – scenarios that started with the scientific predictions about rising temperatures, falling crop yields, and other physical effects, and examined what that would do to politics and strategy.



Britain's Prince Charles (extreme left background) is escorted by Mamoru Mori (2nd L), Executive Director of the museum and former astronaut, as he visits at National Museum of Emerging Science and Innovation (Miraikan) in Tokyo October 28, 2008. A symbol exhibit "Geo-Cosmos" is seen in front of them. (Photo: Lusa/epa/Issei Kato)

the situation is getting very grave, and we are probably going to see the first experiments

with these techniques within five years.

There is a way through this

crisis, but it isn't easy and there is no guarantee of success. As the Irishman said to the lost

traveler: If that's where you want to go, Sir, I wouldn't start from here.

Insure your property in Portugal through The Portugal News

PROPERTY INSURANCE

UP TO 40%

RISK RELATED DISCOUNT ON PROPERTY INSURANCE

This exclusive Intasure policy, underwritten by **LLOYDS OF LONDON**, has been specially designed to meet the needs of property owners in Portugal. It is available exclusively through **The Portugal News** in Portugal.

For more information, call 707 500 025. You will receive friendly advice and a quick quote with absolutely no obligation.

- ✓ Buy on the phone
- ✓ Instant cover
- ✓ Underwritten by LLOYDS OF LONDON
- ✓ Fully comprehensive cover
- ✓ Policy documents in English
- ✓ High level of public liability

News

intasure™
Insurance that speaks your language

As an owner of a property in Portugal make sure you get the right insurance cover, designed specifically for you.



Your cover is underwritten by one of the world's leading insurers – **Lloyds of London**

Up to 40% risk-related discount available, depending on security, claims experience, excess level and your age

Your property is covered whether occupied or unoccupied

Your property is covered if let short term or long term

Excellent discounts for choosing higher excess

All policy documents are in English

Policy covers your swimming pool as well as buildings

Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)

Loss of rent included following a claim

Covers the purchase of your home during the period between exchange of contracts and completion

Covers temporary accommodation following a claim

Wider cover than a standard Portuguese buildings and contents policy

Wider cover than a 'community' policy

All claims are reported to and resolved by a UK based English speaking team

Optional Accidental Damage cover

Off-Property Cover available

Policy available in either GBP or Euros - Claims paid in either

Call 707 500 025 for more information and a quick quote

Authorised and regulated by the Financial Services Authority

For specialised transports, Senhora da Agonia



Founded in 1986, TSA (Transportes Senhora da Agonia) specializes in national and international transports of all goods, large and small. Location is not an obstacle as the company has the appropriate equipment to safely remove and transport anything from precious antiques to the full contents of a top-floor apartment.

Whether it is just round the corner or to the opposite side of the planet, TSA will take care of all dismantling, packaging, and necessary paperwork.

Their decades of expertise mean that your move will be as carefree and glitch-free as possible.

Not only will the team dismantle and re-assemble furniture, it will carefully wrap and un-wrap valuables like plasma TVs, pottery and china and artwork, using bubble wrap for those extra-special items, all individually packaged.

No load is too large or too small. The company will transport individual boxes of clothing, crockery or books, to entire kitchen contents, sofas, beds and wardrobes.

TSA also carries out distribution and other service runs.

With fully trained employees and years of experience under their belt, TSA cover the entire

country, and beyond, offering free quotes and quality guarantees.

There are TSA teams in Lisbon, Coimbra, Aveiro, Leiria, Oporto, Faro, Setúbal, Torres Vedras, Torres Novas, Abrantes, Caldas da Rainha, Sintra, Cascais, Loures, Almada,

Viseu, Castelo Branco, Guarda, Évora, Santarém, Vila Real, Portalegre, Vila Nova de Gaia, Viana do Castelo, etc, etc.

For more information telephone: (+351) 210 149 865, mobile: 965 653 025, fax: 211 454 372, or see their website: www.removalstoportugal.com.



Expression Photography: portraits with passion



Ever wondered how a classy family portrait would look hanging on a wall in your home? How your favourite pet would look on canvas? Expression Photography creates professional, bespoke portraits of style and elegance.

Carla and Adam, originally from the Northwest of England, graduates in Photography and Graphic Design, moved over to Portugal just over a year ago to start their business in portrait photography. Despite their initial intentions of setting up a workshop in England, they were later persuaded by Adam's uncle to venture to the Algarve, both for the lifestyle and also as a great business opportunity.

Expression Photography offers an exceptional prospect for people to own a unique photograph that doubles as a piece of art for the family home.

Concentrating on family and pet pictures, the photo sessions are held in their studio in order to have better control of lighting and other enhancements, so that the final piece exceeds client's expectations.

As Carla and Adam believe photo sessions are meant to be fun, they normally ask people to bring a treasured item of their own, such as a favourite toy or something that illustrates a person's sport or hobby, giving the final portrait a personal touch.

After the photo session the customer receives a mini-photo preview until they receive the finished product.

Some computer work (touch-ups) can be applied to hide a pimple or baggy eyes, etc, so as to obtain a result with which the customer is happy.

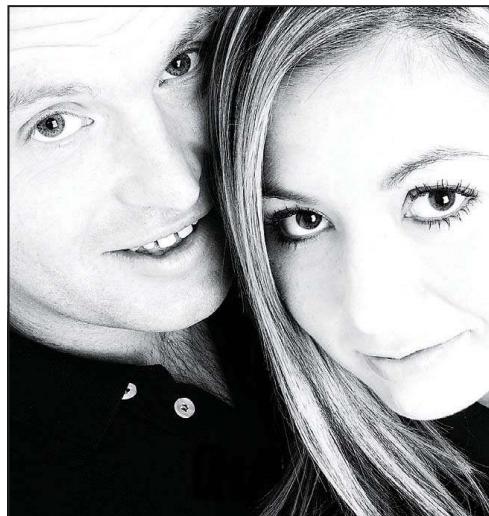
Mixing photography and art, the final product is then shown a few days later in the viewing room of their shop in Almancil, at which time sizes are discussed. All portraits are printed to size and often people know exactly what size they want and where they intend placing the portrait in their home. When this occurs, Adam and Carla always make sure the portrait suits the style of the home.

Some clients ("mostly men") approach a photo session with some trepidation, "but once they realise it's all about having a bit of

fun and trying to capture their own character and personality, they relax and enjoy the hour", the couple explain.

The modern, professional shop is located on Rua do Comércio in Almancil and is open Tuesday to Saturday from 10h00 till 18h00, staying open during lunch hours. For more information please visit the shop, email: enquiries@expressionphotography.eu or call 289 397 410.

Their website is and running soon at www.expressionphotography.eu.



Do your Christmas shop at Vila Sol Shopping



This year Vila Sol Vilamoura inaugurated an exciting new project: the Vila Sol Shopping centre, a place of leisure and opportunities, with quality and comfort that will allow visitors and shoppers alike to enjoy unique moments of pleasure.

Vila Sol Shopping is located at the main entrance of the resort near the N396, on the road to Vilamoura and Quarteira.

This 3,000 square metre commercial area comprises a variety of establishments, including Barclays bank, Delifrance, Maria & Maria Romão design shop, handicraft shop Olaria Nova, Traditional Irish Pub Oscars, Only Kids fashion for children, Pineda Covalin Mexican fashion shop, supermarket Ponto Fresco, restaurant Sabores do Mundo, Universo Gourmet shop, 8 & 80 furniture and decoration shop, Imoatlântica and Dreamdealer real estate agencies, magazines and newspapers at Dinamica V, Opticália eye specialists and lawyer's offices.

It is all nicely surrounded by open-air terraces, gardens and pedestrian walkways with a privileged view over the golf course.

Designed by architect Regino Cruz, this Shopping Centre was created to provide comfort to people using its facilities and contributes to upgrading the quality of life for the Resort's



residents and regular clients, as well as visitors and local residents.

Vila Sol Shopping is a unique area of shops and services that will also be a place of therapy for those who visit and work in it. Here you will certainly find something to enjoy, as well as

being the ideal place to do your Christmas shopping.

Find that perfect gift at Vila Sol Shopping.

For more information, contact Vila Sol Vilamoura Spa & Golf Resort: Telephone: (+351) 289 300 587, or fax: 289 300 594.

The English Butcher, excellence by succulence



Few butchers can boast the fresh, varied selection of meats the English Butcher can. Located directly opposite the post office in Almancil, only the most succulent and highest quality meats are sold, including a vast selection of international favourites, perfect for the upcoming traditional Christmas dishes.

These include New Zealand lamb, English sausages, Dutch bacon, Brazilian beef fillets, and South African delicacies like Biltong and Boerewors.

Complementing the South African meats is a wide range of food goods, including Appletizer and Peartizer drinks, biscuits, teas, coffee, spices and chutneys.

All the Christmas favourites are available, including fresh meats and tinned condiments. A range of traditionally British Christmas meats, like partridge, duck and the good old turkey, are available, as are chipolatas and bacon, complemented by jars of cranberry and apple sauces, pickled onions, stuffing mixes, etc...

Supplying the Algarve with outstanding meats for nearly two decades, 'The English Butcher' (aka José Santos and his wife Rita) have also travelled widely. The couple previously lived for 26 years in South Africa, gaining firsthand insight into what makes South African meats so tasty.

Fresh hamburgers, meatballs, and kebabs can all be made at the customer's request, ideal for

barbeques. On a more national note, regional meats and local farm produce is available, including smoked hams, meats for typical Portuguese dishes, and even a selection of cheeses.

A vast range of UK tinned foods, like baked beans, mushy peas, corned beef and even Campbell's tinned meatballs, also fill up the shelves, meaning you need go nowhere else to purchase ingredients for a full, filling, flavoursome meal.

So whatever you may be fancying for tea tonight, 'The Eng-

lish Butcher' will have the freshest and the tastiest meat, and the ideal sauce to go with it too! 'The English Butcher' will also cater for larger orders, and commercial establishments such as restaurants and hotels, offering a convenient drop-off service if required.

Visit the English Butcher, open Monday to Friday, 08h00-13h00 and 15h00-19h30, and Saturdays 08h00-18h30. Alternatively, place your orders by calling (+351) 289 395 859, or 965 864 682.



PROPERTY

A 10 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 6 Dec 2008

PROPERTY OF THE WEEK

Villa Martin, Vilamoura



Located on the outskirts of Vilamoura, just a few minutes' drive from all of the city's amenities, Marina and golf courses, is this week's Property of the Week; an outstanding, four bedroom villa being exclusively promoted by Silver Holidays.

This beautiful 4+1 bedroom, four bathroom detached property overlooks the Pinhal golf

course and driving range, and is to be sold 'fully furnished'.

The luxury villa is located on

a large plot in a quiet cul-de-sac, surrounded by neighbouring luxury villas near the Hilton



Hotel. It has a private swimming pool surrounded by extensive landscaped gardens.

The interior of the house has been renovated to a high standard, offering beautiful rooms that are tastefully furnished, becoming the perfect holiday villa or residential home.

The villa comprises a large living/dining room with wood-burning fireplace, overlooking the swimming pool and golf course.

It has a completely equipped modern kitchen, four bedrooms, all en-suite, and a large office or fifth bedroom.

The villa is also fully air-conditioned, furniture includes leather sofas and a Panasonic Plasma TV.

Outside there is a swimming pool with Pinhal golf and driving range views, sprawling landscaped gardens, electric entry gates, and a private garage.

Plot Size is approximately 1,500 square metres; construction size, approximately 250 square metres.

It is on sale for €795,000.

For more information, or to book a viewing, contact Silver Holidays on: (+351) 289 314 312, fax: 289 314 260, or e-mail: info@silverholidays.com.

Alternatively, see their website: www.silverholidays.com.



DANISH QUALITY TIMBER HOMES

Design flexibility | Top workmanship

The best materials | Fully fitted and equipped

An eco-friendly and economic solution with fast turnaround

A wooden home from **DANE CASA** is the complete answer

We have the experience • We have the choice • We have the complete solution

www.danecasa.com

Come and see for yourself at our showhouse alongside the eastern entrance to Algarve Shopping on the EN125 at Guia, Portugal. Tel +351 289 571 270 | info@danecasa.com
PIO X11 14, San Silvestre de Guzman, Huelva 21591, Spain.
Mobile +34 630 211 248 | carl@danecasa.com



Cool in summer, warm in Winter and dry all year round, a wooden building from Danecasa not only looks good inside and out, it provides an extremely comfortable and healthy living environment and can counter Winter allergies.

You will also benefit from possible savings in energy consumption of over 30% compared to a conventional brick built home

DANE CASA 
Constructive solutions for modern living



ALMANCIL 650,000€
4 Beds 4 Baths Detached Villa
Air Con / Spacious Accommodation
7,000m² plot / 400m² Building
Stunning Countryside Views
Large Pool / Garage / Sold Furnished



ALMANCIL 165,000€
New 2 Beds 2 Baths Apartment
Basement Parking and Storage
Ground Floor / Terrace leads to
Communal Pool and Gardens
Close to all Amenities

Tel: (+351) 289 359 150 / enquiries@algarve-idyllic.com
Browse our extensive portfolio at www.algarve-idyllic.com

Escanxinas - Between Vale do Lobo and Quinta do Lago



Rare Opportunity

Quinta
dos
Sobreiros



Price: 3,000,000 euros

5 Bedrooms / 6 Bathrooms
Cinema Room / Wine Cellar
Domotica Intelligent House
Gym / Sauna / Games Room

Palatial Master Suite plus 2nd Suite
Large heated Swimming Pool (15m x 6m)
Luxury Finish, Exclusive Location
Villa - 774 m² Plot Area - 3000 m²

Brochure - Tel. (+351) 918 402 642

quintasobreiros@mac.com

PELLET FIRES - the instant enviro-friendly heating solution



- * No chimney required * Enviro-friendly
- * Economic - from 17 cents per hour
- * Powerful - 7-28kw output
- * Clean * Easy to manage
- * Ideal for apartments, houses, bars, restaurants



VISIT OUR ALMANCIL SHOWROOM FOR A DEMONSTRATION



ALGARVE: Head Office:
Rua 5 de Outubro, N^o 200,
8135-103 Almancil
Tel +351 289 390 830
Fax +351 289 390 839

LISBON:
Parque Empresarial Primovel
Edifício F1 • Estrada Terras de Lagoa
Albarraque • 2635-595 Rio de Mouro
Sintra
Tel +351 219 111 833
Fax +351 219 111 834
email: loja@joro.pt



A family holiday village that is
only 800 metres from the sea



- Private residential resort designed in a Portuguese village style setting.
- Spacious two and three-bedroom apartments
- Three-bedroom townhouses with private gardens
- Per-approved financing available at promissory contract

PRICES FROM €225,000

YOU ARE INVITED TO COME AND VISIT OUR SALES OFFICE
Newlyn Portugal, EN 125, Sítio de Fronteira,
8125 Quarteira, Algarve, Portugal

T +351 289 320 180 F +351 289 320 190

sales@opomar.net
www.opomar.net

newlyn

your partners in development



Large Family home for RENT In ALMANCIL

500+ sq metre 4bed/6bath unfurnished Vila to let
in a quiet and secluded area of Almancil.

The Vila is on 3 floors with a modern fully fitted kitchen, an enormous Master Bedroom and Bathroom suite and is wheelchair friendly with access to all 3 floors via an Elevator.

This is a comfortable warm family home with under floor heating, a fireplace in the kitchen and a huge bonus room/playroom/party room in the basement. Large fully enclosed walled garden with pool, garaging, BBQ terrace, plenty of storage and a producing orchard.

The Vila has recently been fully decorated, is close to schools, shops and all amenities and 10 minutes away from the beach.

Available now for long term let. €3,000/pm

For details call
Chris on 289 396 754 today...



Simply Screens brings a whole new design concept to replace flat-screen mosquito blinds.

Retractable - unique pleated mesh screens that retract out of sight. Translucent and easy to clean.

Frame choice - Not just white, choose from a range of colours and fabulous wood effect finishes to compliment all decorative designs and styles, contemporary and traditional.



Simply screenS
mosquito screens with style

innovative
discreet
contemporary

Designed & manufactured in Italy and available in the Algarve. The product of choice for Architects and Builders across Europe.

Visit our website and see for yourself the range and quality of screens we offer:

www.simply-screens.com

phone: (+351) 282 798 080

email: info@simply-screens.com



Professional Estate Agents

Mobile +351 917 709 917
Pedro@AlgarveProperty.comwww.AlgarveProperty.com

Pedro Diogo
your
professional
real estate
consultant

Gov. Lic.
AMI 2196

CARVOEIRO

Ref# V82245

Quality & prestige on the golf. 4 bedroom detached villa excellently located on very quiet & exclusive area inside Vale da Pinta Golf Course, nr Carvoeiro. 1.400sqm plot/350sqm constr. area. Fully fitted & equipped. Top quality finishings. A/c, Alarm, Central heating. Pre-install. central vacuum sys. Landscaped garden w/lawn, pool area. South facing w/infabulous golf & sea views.

Price: € 1.275.000



S.B. MESSINES

Ref# V72018

Old Wind Mill fabulously transformed into a 5 bedroom detached villa. Lots of character. Located on very quiet area approx. 5 mins drive from Messines. 1.440sqm plot w/221sqm constr. area. Living room w/ fireplace & separate dining. Lovely conservatory. Fitted kitchen. Garden w/lawn, pool & ornamental pond. Private parking for several cars. Lovely panoramic views.

Price: € 350.000



ALBUFEIRA

Ref# V71942

4 bedroom detached villa on a very quiet and residential area. Approx. 15 minutes drive to the beach. 675 sq.m. plot with 287 sq.m. of constructed area. Top quality finishes. Fully fitted kitchen. Living room with fireplace. Four en-suite bedrooms. Private garden with lovely pool area. Storage. Impeccably well maintained.

Price: € 560.000



VILAMOURA

Ref# A71861

2 bedroom apartment in a closed complex w/ reception, large green areas & 3 swimming pools. Between Pinhal & Old Course. Approx. 15/20 mins walk to Marina & beach. 120sqm constructed area. Furnished & equipped. A/c. Private garden w/ direct access to pool area. Private parking space. Storage. Impeccably well maintained.

Price: € 295.000

Sociedade de Mediação Imobiliária Lda.
AMI 6232 - Val. 18.11.2010For detailed information,
please visit our website:www.landandhousesalgarve.com
www.algarve-property-search.com**Tavira: 281 320 281**
Vilamoura: 289 301 294

Tavira

Modern & spacious 4 bedroom/3 bathroom duplex apartment with large sun terrace and garage set in a new, central located residential area within walking distance to Tavira town centre. Covered area: approx 190 m2 excl. terraces of 63 m2. Ref: LHA-861 Price: € 230.000



Tavira

Split-level property with 4 bedrooms, 3 bathrooms, spacious back garden, roof terrace & garage. Ideal holiday home or permanent residence in well established residential area. Constr. approx. 180 m2, excl. garden & garage of 39m2 & 21m2. Built in 2008. Good value for money. Ref: LHT-869 Price: € 269.000



Tavira

Great Opportunity! T3 townhouses with charm, private pool and spacious basement, located on an elevated position in a sought after area in lovely Tavira, enjoying wonderful panoramic sea views. Constr. Approx 160 m2 + terraces of 30m2. Ref:LHT-871 Price: from €290.000



Santa Catarina

Modern, well designed single storey 3 bedroom/3 bathroom (2 en-suite) villa with pool on a good size plot (6000m2), centrally located within a short distance of some of the best beaches of the Eastern Algarve, built 2008. Ref: LHV-1020 Price: € 450.000



Sta Catarina

Attractive and well-maintained split level, 3 bedroom/3 bathroom villa, with beautiful swimming pool (10x5 m), garage and basement set on a good size plot (4850m2) in the country side. Constr. approx. 229 m2, built in 2004. Good road access. Price negotiable. Ref: LHV-1026 Price: € 655.000

VILAGENTE

SOCIEDADE DE MEDIAÇÃO
IMOBILIÁRIA, LDA.
AMI 489

Edifício do Cinema, Loja 3,
Vilamoura,
8125-432 Quarteira
Algarve - Portugal
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com



Quarteira

Centrally located, 5 minutes from the beach, 2 bedroom apartment composed of 2 bathrooms, lounge with dining area with fireplace, kitchen, storage and terraces. Furnished and equipped. Parking space in the basement. Construction area - 92 sq.m. Ref: A1278 Price: € 145.000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges, 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m. Ref: V12595 Price: € 180.000



Vilamoura

Duplex apartment composed of 2 bedrooms, 2 bathrooms, lounge w/dining area, equipped kitchen, storage, laundry room and terraces. Storage and parking space in the basement. Communal swimming pool and garden area. Construction area - 114 sq.m. Ref: A1277 Price: € 215.000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge w/dining area, kitchen, storage and various terraces. Outside parking area. Condominium with swimming pool and garden area. Furnished. Construction area - 122 sq.m. Ref: V12596 Price: € 325.000

Elly van Hulst

The fastest real estate agent in the Algarve
(former World Record Holder 3.000mts running '89-01)
www.property-runner.com

Tel. +351 289 842 992

between Loulé and S. Brás

AMI 6392



Tavira

- New apartments
- Now under construction
- 1 & 2 beds. 1 & 2 baths.
- Air/co & vacuum pre-inst.
- Basement garage
- Apm: 77 - 110m²

Ref. A1189
Price: € 110.000 - € 200.000

Olhão

- Fisherman's cottage
- To be restored
- 2 bedrooms 1 bathroom
- Possibility for 1st floor
- Small rear patio
- Cottage 40m² plot 60m²

Ref. C1148
Price Reduced: € 95.000

Quinta do Lago

- Beautiful spacious villa
- 10 mins. walk to beach
- 3 bedrooms 3 bathrooms
- Roof terrace ocean views
- Pool 10m x 5m, garden
- Plot 1.100m²

Ref. V798
Price: € 1.450.000

Santa Bárbara de Nexe

- Beautiful hillside villa
- Completely renovated
- Panoramic coastal views
- 5 bedrooms 5 bathrooms
- Pool 9,5m x 4,5m, terrace
- Villa 232m² plot 4210m²

Ref. V1158
Price: € 895.000

Tavira

- Beautiful spacious villa
- Close to town centre
- 5 beds., studio, 4 baths.
- Roof top pool terrace
- Double garage, patio
- Villa 350m² plot 378m²

Ref. V1186
Price: € 450.000AMI 504
ESTE ALGARVE - SOCIEDADE
DE MEDIAÇÃO IMOBILIÁRIA, LDA.E.N. 125, Cevadeiras,
Vila Nova da Cacela,
8900 V. Real de S. AntónioTel: 281 951 165
Fax: 281 951 438Centro Comer., Av. 28 de Maio
(Marginal) - 8800 Cabanas de TaviraTel: 281 370 277
Fax: 281 370 761belosantospedras@hotmail.com
www.estegalgarve.com

Neighbourhood Moncarapacho
High quality 2 to 3 bedroom villa (268 m²) w/central heating, in country-side peaceful surroundings w/stunning sea & countryside views, sw. pool (9x5m), spacious garage, roof terrace w/large storeroom, solar panels, bore-hole, 2 water tanks, 4.680m² land w/lovely landscaped garden, 5kms from Moncarapacho. EA 074 VMON - € 395.000



Apartment Conceição
Attractive 2 bedroom, 2 bathroom apartment built in 2006, with air con. situated on the 2nd top floor with 10.97 m² terrace and pretty views, parking space in the basement, use of swimming pool. Situated within walking distance to Conceição and Cabanas centre. EA 075 ACON - € 169.000



House Tavira
Exceptional 4 bedroom, 3 bathroom house modernized in very good taste and enlarged in 2004 to a high standard, with spacious terrace and 90 m² of pretty garden, above ground swimming pool, situated in the centre of Tavira. REF EA 076 HTAV - € 450.000



**Cottage Neighbourhood
Santo Estevão**
Charming 2 bedroom renovated cottage, with various oothouses, situated approx. 2kms from S. Estevão in the countryside & 6kms from Tavira, surrounded by 2.800m² of relatively flat land. This property has brilliant potential. EA 072 - CEST - € 180.000



Apartment Tavira
Brand-new 2 bedroom, 2 bathroom apartment (97m²) in the centre of Tavira on the 1st floor of an attractive building having all the traditional local characteristics, but offering all modern requirements, e.g. A/c fully fitted kitchen, parquet floor. EA 077 - ATAV - € 160.000



HIGH INCOME RETURN ON THIS UNIQUE RUSTIC PROPERTY

Villa For sale in São Bartolomeu de Messines

8 Bedrooms, 5 Bathrooms, 3 1/2 Kitchens, 4 Lounges, 2 Fireplaces

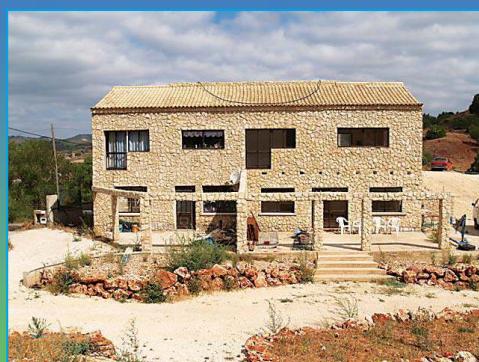
Unique Property... must be seen. View by appointment.

Two properties for the price of one - 3 Cadernetas

Price Open to Offers

Tels: 00351 933 953 445

00351 282 338 694



Abode

AMI 1278

Sociedade de Mediação
Imobiliária, Lda.

Edifício "O Galeão", Loja 3,
Rua dos Pescadores

Tel: 282 356 865

Fax: 282 356 743

leohbraun@hotmail.com
www.abode-pt.com



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw. pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished. Ref. V-327 Price: € 275,000



Centianes / Carvoeiro

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in! Ref. V-350 Price: € 635,000



Near Silves

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/C, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351 Price: € 269,000 / £ 188,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool. Ref. V-349 Price: € 445,000



The ultimate in comfortable living at the best area of the Algarve. Panoramic Seaview. 5 bedroom villa of 330sqm, mature garden w/ sparkling pool, modern amenities. Top quality construction. Quick sale to the discerned buyer at a realistic price. Ref. V-352

All property pages can be viewed on-line free of charge at www.the-news.net
where we have more than 1,000,000 hits a month.

To advertise on these pages, call Bella Talhadas on 707 500 677 or 914 393 736.

WINTER OFFERS

POP IN for some
mulled wine & a
minced pie over
the Christmas
period



**genuine leather
2 + 3 seater sofa**

**WAS €1,599
NOW €999***

Quote ref. York999



Mattresses from €89

Metal bedsteads from €75

Silent Night mattresses from €169

Abode
PLANET SOFA & BEDS

Terms and conditions apply. * One colour remaining
Offer valid until Jan09. Offers only valid on new orders.
Large Portuguese, Algarve and UK showrooms to view



Alstons

BENTLEY DESIGNS
designs for better living



www.furnishyourabode.com
UK: 0870 8032 970 • PT: 282 762 070



ALGARVE REMOVALS



Weekly removals service to and from the UK, Algarve & Ireland with full packing service & storage facility in the UK & Algarve, from 1 box to part or full load shipments.

- > Transportation of cars, boats & motorbikes
- > Local removals and deliveries within Algarve
- > We guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ

UK- Tel: 0044 (0)1245 468888

Mob: 0044 (0)7711 179842

Algarve- Tel: 00351 289 513851

Mob: 00351 969134801

Email: sales@algarveremovals.com

Web: www.algarveremovals.com



frontera.

furniture · muebles

Cambridge
table & 4 chairs
NOW €300



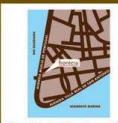
Cambridge
sideboard
NOW €300



Call us at either of our shops to find out more!



Quatro Estradas, EN 125, Quarteira
00351 289 392 461
Or email on sales@furniturefrontera.com
www.furniturefrontera.com



Muelle de Portugal, 55,
Ayamonte, Spain
0034 959 470 971

EXCLUSIVE READERS OFFER

Free patio table,
4 chairs and parasol
with every purchase
over €500

Warehouse
Clearance
come and have
a rummage
save €1,000's.

Say ola to



Est. 1976 haloliving.co.uk

Christmas Cheer Across The Algarve

Montes do Alvor

Ref: S368

Reduced to €150.000

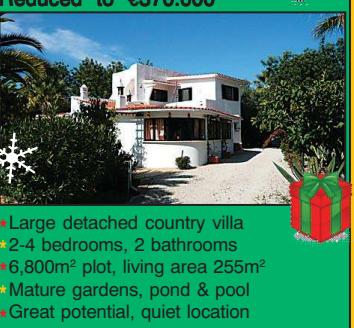
- 1st floor apartment with rental licence
- 2 bedrooms, 2 bathrooms
- Closed condominium with café
- Pools & tennis court
- 2kms from Alvor centre & beaches



Moncarapacho

Ref: S317

Reduced to €370.000



- Large detached country villa
- 2-4 bedrooms, 2 bathrooms
- 6,800m² plot, living area 255m²
- Mature gardens, pond & pool
- Great potential, quiet location

info@togofor-homes.com

www.togofor-homes.com

Office Tel.: 282 432 004

Shop in Alvor Tel: 282 476 568

Fax Number: 282 458 177

Christmas Cheer Across The Algarve

Porches

Ref: S335

Reduced to €550.000

- Detached villa, fully renovated
- 4 bedrooms, 3 bathrooms
- 1,011m² plot, living area 227m²
- Delightful gardens & pool area
- Close to exclusive Vila Vita hotel



Montes do Alvor

Ref: ST367

Reduced to €250.000



- Townhouse on a corner plot
- 3 bedrooms, 2 bathrooms on 2 floors
- Terraces & private lawn garden
- Close to condominium pool
- 2kms from Alvor centre & beaches

info@togofor-homes.com

www.togofor-homes.com

Office Tel.: 282 432 004

Shop in Alvor Tel: 282 476 568

Fax Number: 282 458 177



SALES:

RE/MAX Flash

t. (+351) 282 310 700 | f. (+351) 282 310 709
flash@remax.pt | www.remax.pt/flash

LUCINDA PARRADO
tlf. (+351) 968 485 234
lparrado@remax.pt

PEDRO ROSA
tlf. (+351) 968 485 245
prosa@remax.pt

Move to ALGOZ GREEN VILLAGE and have a green right on your doorstep. Set amid a number of golf courses, close to the beach, a shopping area, a variety of facilities and less than 30 minutes from the airport, ALGOZ GREEN VILLAGE offers a considerable choice of ways to pass your time other than golf. ALGOZ GREEN VILLAGE is a quality estate surrounded by tranquil green spaces featuring swimming pools, tennis courts, golf practice areas, a children's playground and professional security. Don't wait. Come and discover your villa at ALGOZ GREEN VILLAGE today. We're located in the centre of the Algarve very close to the EN125 and A22 roads. We're sure our special conditions will be to your liking.

algoz.
GreenVillage

your home by the golf.



Make the move of your life.

ALGARVE, PORTUGAL

www.algozgreenvillage.pt

WWW.ACROSSTHEALGARVE.COM

PLEASE RING CARLA: 961 518 152

**VALE DA TELHA / ALJEZUR
NEW AND MODERN**

3 Bedrooms / 2 Bathrooms
176 m², 640 m² Plot
Huge Living Room, Gardens,
Heated, Wood Flooring,
Modern Kitchen
325.000€

**VILAMOURA, LOULÉ,
CONDOMÍNIO DO GOLF II**

Luxury Penthouse

3 Bed / 3 Bath, Gated Condominium,
Private Roof Terrace with Hot Tub
Sea View, Fully Furnished, 15 Min. Walk to Beach and Golf
Swimming Pool, Gardens, Garage and Off Road Parking
Balconies Facing the Pool,
* Price On Contact

www.ACROSSTHEALGARVE.com

Well built 4 bedroom semi-detached villa on quiet urbanisation overlooking landscaped park

Close to amenities such as: supermarkets, shops, restaurants, bars, Lagoa town centre, night life, beaches & Golf Courses...

FEATURES:
4 bedrooms with built-in fitted wardrobes
2 bathrooms (1 en-suite)
Guest toilet
Fitted fully-equipped kitchen
Living room with wood burner stove
Double glazing all round (with tinted glass).
2nd reception room
Split level garden with semi covered terrace
A/C & heat units in all bedrooms + living room
Ample parking
Laundry room & office
Solar Panel

Location: Lagoa

Plot: 234m² - **Covered area:** 190m²
Built in 2000 **Price:** €330,000.

Distances: Faro 55km; Carvoeiro and beaches: 3km; Lagoa town centre 500m; Portimão: 10km; Golf: 2km.
Tel: 918 721 688



Well located T3 apartment in Lagoa

Top floor T3 Apartment excellently located on the outskirts of Lagoa, with views across the fields, while being a stone's throw from a gymnasium, theatre, police station, health clinic, school and shops. Situated in a pretty, landscaped cul-de-sac, the apartment has a light and spacious lounge overlooking the countryside, three bedrooms, two bathrooms, kitchen and two balconies. Being only 5 minutes drive to the beach and various golf courses makes it an ideal holiday home and a great investment.

Type: T3 or lux T2 • Size: approx 100m²
Price: P.O.A.
Call 912 738 730
or email: mail@infiniteinspire.com



private sale



Ask the expert...

Q: What's an easy way to spruce up a kitchen for a house sale without doing major DIY?

A: Painting or replacing the tiles and/or cupboard doors is a great quick fix, as is replacing the handles with more up-to-date ones. Repainting the room (in a neutral colour) is another inexpensive and easy way to give it a fresh new look.

Q: We've removed some shelves from a wall and now it's full of holes filled with Rawlplugs. What's the best way to deal with them?

A: Getting Rawlplugs out can be tricky (you'll need some long-nosed pliers) and sometimes you remove a fair bit of the wall with them, but this will ensure a good finish, providing you fill and sand properly afterwards (filler designed for deep

repairs is often required). If you can't get the Rawlplugs out, push them in. At the end of the

day, you need a flat surface for a good finish so they have to go in or out.

Top tips for... painting stripes

they're straight. Vertical stripes will make the ceiling appear higher, while horizontal ones will make the wall seem wider.

• Use masking tape along the relevant pencil lines when you're ready to paint the first colour. Low-tack tape is a good idea because it's less likely to pull off the paint underneath when you remove it.

• If you're using a roller, work from top to bottom and don't overload it with paint, as this may bleed under the masking tape. If you're using a paintbrush, paint over the tape inwards into the stripe when doing the edges to try and prevent the paint bleeding underneath. Peel the tape off very carefully but do be prepared to do some touching up. Painting in this kind of exact way can be frustrating and time-consuming.

• Mark out your stripes using a tape measure/ruler and pencil and then stand back to check that the stripes are uniform and that you like the look you've created. Use a spirit level to ensure



**For the best advice
in the LAGOS area**

Call
(+351) 917 771 849 or
joão.s.nunes@gmail.com



João Nunes - Senior Sales Adviser



PRAIA DA LUZ - WATERSIDE VILLAGE
A STONES THROW from Praia da Luz beach, and 50 meters from the centre of the Village. This charming 2 bedroom apartment, recently renewed, as a unique location with a gorgeous view from the beach. Call today for a visit, don't miss this opportunity.
A-715



MEIA PRAIA - MARINA DE LAGOS
In the most exclusive localization of the Marina. Charming 1 bedroom apartment, sold fully furnished and equipped. Great investment opportunity, ideal for holiday or income. Superb view overlooking the Marina & the Town. Price: €225,000. / £175,000.
A-684



ABSOLUTE
The ONLY Complete HOME Furnishing Company From START to FINISH

Located in Ayamonte Spain just 30 mins from Faro we are the leading Complete Furnishing Company in this area. At our store you can select all your bed linen towels kitchenware lighting furniture and decorative accessories. We carry out all installations of curtain poles bathroom accessories and lights. We also supply and fit Air Conditioning. Why not call in for some friendly help and advice with regard making your new house a home.

**NEW SHOW
PROPERTY NOW
OPEN IN CABANAS**

WE ALSO DO PROPERTY MANAGEMENT

Shop: (0034) 959 321959 Mobile (351) 926 768861

Av Antonio Concepcion Reboura No30 IZQ 21400 Ayamonte

We now have a show property open for viewing in CABANAS. If you would like to discuss your furniture requirements or property management then please contact us

Read the following knowing IT'S AS GOOD AS IT SOUNDS, there is NO CATCH and that you can make MASSIVE SAVINGS on your HOME and MOBILE bill, then call:

Tel: 707 500 600 today



Buy this handset to take advantage of this very special offer



Desktop model also available
See page 3



**UNLIMITED
FREE
national &
international
CALLS**

Only
€24.99
a month*

Terms &
Conditions
apply

*Free calls are to fixed lines in: Portugal, UK, Germany, Holland, Ireland, Austria, Spain, Belgium, France, USA (incl. USA mobiles) and Canada. Prices do not include IVA. The Home Plan offer is for domestic use only and subject to a "fair usage" policy. The Business Plan includes 500 free minutes. SMS service to other OneFone users and other networks available at the end of 2008. Terms and conditions apply.

Gifts for the green-fingered



There are so many gardening gifts out there this festive season to suit all pockets and tastes. It's reassuring to see so many have been produced with eco-friendly materials, and designed with wildlife in mind. Here are just a few that caught our eye...

:: Adopt a vine gift box: This is a wine lover's dream: a vine dedicated to them at a British vineyard and some tasty perks to go with it. First register ownership and then receive a privilege card entitling the recipient to a vineyard tour, a wine tasting and 10% discount at the vineyard shop. (£29.99/€35.80, Leukaemia Research - www.leukaemia-shop.com, tel. 00 44 (0)1736 364636)

:: For contemporary gardens, check out this stylish glass bird



feeder. Made of hand-blown glass, it would make a wonderful decorative feature and will soon find fans among small birds all year round.

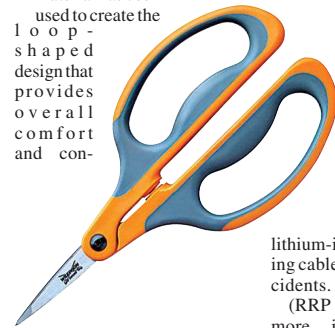
(£29.95/€35.75, Natural Collection - www.shop.com)

:: For a really individual gift, check out gettingpersonal.co.uk for its personalised gardening calendar. Each image for every month includes your chosen name or names spelt out on a lovely gardening photograph,

and includes a personal greeting message of up to 150 characters. Available in two versions, wall hanging A4 size or desktop tent style. (£14.95/€17.85, www.gettingpersonal.co.uk, tel. 00 44 (0)845 217-6382)

:: I'm still wearing the faux fur-lined Mammoth (£34.95/€41.70) from my favourite gardening shoe range, Crocs. Now they've brought out a warm fur-lined boot, the Nadia, ideal for braving the winter elements (£68/€81), and even a comfy children's wellie, the Flurry (£36/€43). (www.crocs.eu/shop/)

:: For a practical stocking filler, try the new Wilkinson Sword Comfort Grip Scissors, designed for deadheading a variety of houseplants and larger outdoor foliage, plants and house trees. The handles are larger and soft-touch material has been used to create the look - shaped design that provides overall comfort and con-



trol. The stainless steel blades gives a clean, one-snip cut. (£8.99/€10.75, from selected independent garden centres and nurseries, B&Q in the UK)



:: If the man in your life needs to put up trellis, shelves in the shed, build a tree house for the kids or make a compost frame, he'll need the right tools for the job. Bosch is claiming a world first with its launch of the Uneo, a cordless screwdriver, drill and rotary hammer all-in-one tool.

Weighing 1.1 kilos and no bigger than an A5 sheet of paper, this compact power-pack makes light work of screw-driving, hammering and drilling - even through concrete - thanks to its pneumatic hammer mechanism and lithium-ion battery. So, no trailing cable and, hopefully, no accidents.

(RRP £119.99/€143.50. For more information go to:

www.bosch-do-it.co.uk/diy/ or call 000 44 (0)844 736 0107)

:: A membership to the Britain's National Gardens Scheme's new Friends programme would make the perfect Christmas gift, granting the recipient free access to beautiful gardens, while helping to raise money for charity.

For £10/€12 for a year, 'Friends' will receive a free copy of the famous Yellow Book, listing 3,600 mostly private gardens which open to the public every year, and a bi-annual newsletter keeping them in touch with the stories behind the garden openings. A highlight for 2009 will be an evening hosted by Alan Titchmarsh.

Charities supported include Macmillan Cancer Support, Marie Curie Cancer Care, Help The Hospices, and Crossroads - Caring for Carers.

You can join online at: www.ngs.org.uk, e-mail: friends@ngs.org.uk or call: 00 44 (0)1483 213910)



:: If you are forever losing your gardening string, these jute twine holders, designed and hand-crafted in the UK, are ideal for hanging in the greenhouse, potting shed or kitchen. Complete with chunky twine and scissors, they also ensure that the twine doesn't get tangled. (£12/€14.50, www.fairwindonline.com or tel. 00 44 (0)20 8374-6254)

From the same company, these gorgeous gardener's journals are made using genuine English leather, protected with a



and a durable exterior it is a versatile and Eco-friendly radio, which comes in a range of colours. (£39.99/€48 Nigel's Eco Store at: www.nigelscostore.com, or tel. 00 44 (0)800 288 8970)

:: Stylish long-stemmed glass tealight holders will bring both the indoors and outdoors to life. They can be used in flowerbeds, pots, vases and even wine bottles. A range of colours is available. (£13.95/€16.70, www.inspire-inspire.co.uk or tel. 000 44 (0) 1 9 5 3 4 8 8 9 0 7) H a n n a h Stephenson

special water-repellent finish so they can be used all year round.

A practical gift for recording the seasons' events in the greenhouse and garden, it comes complete with refillable, bound, plain paper notebook and wood pencil. (£29.50/€35.25, www.fairwindonline.com or tel. 00 44 (0)20 8374-6254)

:: If the gardener in your life likes music, buy them a water-resistant Eton AM/FM Wind Up Radio with siren, torch, and phone charger. With three sources of power (battery, mains and wind up)

Top tips to...

Perk up your front garden

1. Rake gravel driveways from time to time to disturb and kill weed seedlings.
2. Hire or buy a pressure washer to keep paving pristine, or use a path cleaner with moss and algae controls for a more lasting effect.
3. Keep access to your front door direct, because meandering paths will be ignored by visitors.

Algarve Tree Services

All aspects of tree care undertaken



www.algarvetreeservices.com | Tel: 917 479 921

Providing honest & reliable service for over 20 years.
Professionalism and craftsmanship guaranteed.

- Irrigation Systems
- Water Features & Ponds
- Personalized Grounds Maintenance Programs

Landscape
 Construction • Design • Maintenance

Call Joe for your free estimate 913 407 507 or 289 328 255
 Bilingual Contractor (English/Portuguese)
 E-mail: geraldespaisagismo@hotmail.com

Best of the bunch

Erica Carnea (Winter-flowering heather)

These wonderful evergreens are fantastic at this time of year when everything else is dull and dingy. I love the pink hues of varieties such as 'Springwood Pink' in winter tubs alongside variegated ivy and small, conifers. The hedges border for cover, or feature in and scree try other mauves whites if to create a of heather ally no



Heather should be planted in well-drained soil with plenty of organic matter, preferably in full sun. They prefer acid soil. Give them a trim after flowering but avoid cutting into old wood, because they won't recover from that. Other good types include 'King George' and 'Vivellii', which has bronze-tinted foliage and purple flowers.

Free projects estimates

EGOSYSTEMS
 All aspects of landscaping and irrigation service.

Tel: 282 799 537 / 919 845 659 / 961 345 276
 Fax: 282 799 840 EN125 Odíáxere - 8600-256 Lagos ®
 Email: egosystems@mail.telepac.pt, ecosistemas@hotmail.com, ecosistemas.com, oliveirasdeportugal.com, ecoliveras.blogspot.com

NURSERYS - GARDEN CENTRE

Q GARDEN
 E.N. 125 Odíáxere - 8600 - Lagos • Tel 282 799 633
www.qgardenpt.com

Beautiful Christmas Trees have arrived!
PROMOTION
 All pots 20% off for December



CONSTRUCTION



Home Construction

Over 20 years operating throughout Portugal

ALVARÁ N.º 56504

New Build – Renovations – Extensions – Repairs

Our Team – Builders – Plasterers – Tilers – Carpenters – Electricians – Plumbers – Painters & Decorators

Working with our Civil Engineers & Architects we can offer full - Design/Projects & Planning approval

BUILD – 4 – U – LDA. Construction

Estrada Vale de Eguas n.º18, Apartamento 4, 8135-033 Almancil Contact Alan McCormick on 919 356 749 Tel/Fax: 289 394 196

build-4-u@sapo.pt | www.build-4-u-lda.com



João Nunes

Building your home

Since 1989

- New Home Construction
- Extensions
- Renovations
- Building Management
- Swimming Pool Construction

We provide free written estimates and guarantees



www.joao-nunes.com

Av. José Costa Meala N.º131-A, R/C Dto. 8100 - 500 Loulé Tel. 289 417 867 Fax. 289 417 869 Mob. 966 570 158 geral@joao-nunes.com

To place an advert call our hotline on 707 500 677

HOME REFURBISHMENT

Home Refurbishment

Before



José Areias (Civil Engineer)

Site Manager

Tel: 916 218 730 / 966 482 552

e-mail: jareiasster@gmail.com

After



HOME IMPROVEMENTS

HOME RENOVATIONS
*BATHROOMS*TILING*KITCHENS*

FOR FREE ESTIMATES PLEASE CALL:

MOBILE: 913 511 140

TELEPHONE: 289 302 798

EMAIL: VIDASVERDE@HOTMAIL.COM
EDIF. EDISOL RUA LESTE #3
QUARTEIRA 8125. ALGARVE

Quality
Design
Environment
Security

If you are interested in high quality, real design and still want to save the environment but keep your security at home, we have good news for you. Here at Mestre Raposa you will find what you are looking for.

The #1 Windows and Doors Specialist at the Algarve has it all and on top a friendly and qualified staff and also the best prices for you!

Meet us in one of our location for free consulting!

Mestre Raposa, Lda.
Quatro Estradas, E.N. 125
8100-321 LouléTel: +351 289 385 420
Fax: +351 289 385 422

Info@mestreraposa.com - www.mestreraposa.com

Mestre Raposa, Lda.
EN. 125 - Guia (Fonte)
8200-418 AlbufeiraTel: +351 289 568 020
Fax: +351 289 568 021

Bug Busters



The BLACK HOLE, the upgraded mosquito trap for indoors and out. Protects people and animals by scientifically luring the mosquitoes in to it and trapping them. Reclaim your outdoor area again

COMING SOON Cures for the pine processionary caterpillar and the red palm weevil

Available from Bug Busters at 967 516 981, 938 168 354.
Visit www.artgrass.eu e-mail jtc151@msn.com



THE HEAT OF THE MOMENT™

THE HEAT OF THE MOMENT located in Tavira, Algarve, offers a complete supply and installation service for woodburning and electric fires. Call us for a private consultation to discuss your requirements in detail.

Tel. +351 281 326 551 - Mobile: +351 968 386 896



All property pages can be viewed on-line free of charge at
www.the-news.net

The Complete Outdoor Living Specialist

ZONDA

QUALITY WITHOUT COMPROMISE

BBQs • Patio Furniture • Awnings
Patio Tableware • Patio Heaters • Hot TubsEN 125 700m West of Quatro Estradas
Tel. 289 356 233 • Fax. 289 356 234
sales@zonda-thebbqshop.com
www.zonda-thebbqshop.comTo advertise on these pages,
email Bella on
bella@the-news.net

INTERIORS

MÓVEIS
MALHEIRO

Come and see for yourself!



Must see!! Full range of fibra wicker furniture.



MORILIÁRIO DE JARDIM E COLCHÕES

GARDEN FURNITURE & MATTRESSES

Tel: 282 788 066 • www.soljardilar.com
Urb. Pedra Alçada • Lote A • E.N.125 • 8600-256 Lagos

High Quality Silk Flowers

True to Nature

f&v flowers and decoration

We visit you at home, restaurant, hotel, office, shop, or showroom, free of charge, and show our beautiful luxurious Silk Flowers without the work.

Call 960 387 468 • email flowers.deco@gmail.com

Decoradora Bela

The largest furniture shop in the Algarve



We have everything in furnishing

Visit our shop in:

LAGOS: EN125 Almádena, Tel.: 282 697 387, or
PORTIMÃO: Qta Caldeira, Tel.: 282 427 054, or
E-mail: decoradorabela@mail.telepac.pt

We furnish your house with quality and style



The biggest showroom and the best prices in the Algarve

Your whole house furnished in solid wood for only...

T0 €1,890 T2 €4,087

T1 €3,015 T3 €5,015

Moderni

OLHÃO

Tel: 289 710 810 (2,200m²) • geral@grupomoviarte.com

www.grupomoviarte.com



THE PORTUGUESE LINEN SHOP

Established 20 years buying from the BEST manufacturers in Portugal

Fitted Sheets from €10

Curtains from €30

Egyptian Cotton Duvet Covers from €30

NOW IN TWO SHOPS

ALVOR: near old municipal market -13b Rua do Castelo, Alvor (see online for map)
Open Mon - Fri - 10.30am - 6pm Tel: 282 457 510

LAGOA: Located next to Total Petrol station - Beco Marquês Pombal, Loja B, on the EN125
Open Mon - Fri - 10am - 6pm Tel: 282 353 244

Mob: 968 237 310

www.bedspreadsportugal.com - information@bedspreadsportugal.com



Start your shopping in
The Portugal News

PROPERTY DIRECTORY

Come and look, be inspired - add style to your home

LUZDECOR
Mobilários, Cortinados e Decorações Interiores

We look forward to seeing you at
Showroom: Lote 38, Vila das Acácias,
Praia da Luz 8600 - 124 Lagos
Tel. 282 789 849 Mob: 917 771 831
E-mail: patsy@oninet.pt • Visit: www.luzdecorhome.com

We can transform your property completely or one room at a time
In house design service at NO extra cost
Turnkey packages available tailor made to suit your property and your budget

LD

All property pages can be viewed on-line free of charge
www.the-news.net
where we have around 300,000 hits per week.

Leaders in decoration in Lagos



Find us at:

R. José Ventura Neto Cabrita | Lote 1, Loja B | 8600-001 Lagos
| Tel.: 00351 282 782 311 | Fax: 00351 282 782 392 |
www.ka-international.com | kalagos@mail.telepac.pt |



DTC Interior Design Shop

Designs for your home with a difference!



Rua José Ventura Neto Cabrita
Lote 1, Loja A, 8600 LAGOS
Tel.: +351 282 782 311 Fax: +351 282 782 392
Email: dtcinteriores@mail.telepac.pt

Bedrooms Extra
The biggest 'British Bed' retailer in the Algarve

Relyon
The Best Beds in the World

Furniture packages from €2,999

Over 500 - Pocket - Pillow top - Elastacoil Orthopaedic - Coil - Mattresses in stock

Tel: 282 762 383

Fax: 282 792 113 | E-mail: sales@bedrooms-extra.com

Website: www.bedrooms-extra.com
Torre, Odiáxere 8600-Lagos

If you have seen the rest, please come and see the best.

English Beds in the Algarve

Need a good night's sleep?

Visit us and try our beds

We accept sterling

Website: www.stylefurnishings.com



Monday-Friday 10.30am - 4pm

Tel/Fax: 282 322291

A22 motorway A22 motorway Junction 7 A22

Portimão Lagos Porches EN125 Style Furnishings 1km Aqualand/Big One Water Park Alcantarilha

LEGAL & FINANCE



Conveyancing • Family Inheritance Tax • Divorces

We speak English

Escritório/Office: Rua José Ventura Neto Cabrita,
Lote 1, Loja 1ºD, 8600-774 Lagos

Telefone/Phone: 282 763 833/847
Fax: 282 763 854
E-mail: geral@patriciadias.com

PROPERTY AGENTS

kasas
Algarve Property
.com

Tel 00351 289 310 310 • info@algarveproperty.com

www.algarveproperty.com

How can we help you today?

Professional Estate Agents

Gov. Lic. AMI 2196

KERN
Properties - Apartments - Villas

www.kern.pt
Tel: 965 077 300
Lic: AMI 8055



RETAIL

AlgarveHotTubs
SPAS • SWIMSPAS • CHEMICALS • GARDEN FURNITURE

We have a complete range of Hot Tubs from just 3,900 euros up to TV spas for 10 people and **BIG** swimspas



Come and visit our shop where we display most of the models

PLUS we have special discounts on Hot Tubs

www.algarvehottubs.com
Telephone: 289 397 321 – Mobile: 969 806 472

www.the-news.net

ROCCO STONE**CERAMIC & STONE TILES****Mosaics & Bathware**

Open: Monday to Friday 10am - 6pm
Saturday 10am - 12pm

Showroom:

Rua Direita, Praia da Luz, Lagos.
Tel/Fax: 282764035

Email: Rococcostone@msn.com

GMAC
Imobiliária
Albufeira

Service you deserve,
people you trust.

Albufeira



Charming T1 Apartment, fully furnished and equipped in private compound with swimming pool. Beautiful and peaceful surroundings. Close to all amenities. Compost to hall, fitted kitchen, living room, 1 bedroom, 1 wc and 1 balcony. Must be viewed. €133,000. Ref.013-0339

Albufeira



Fantastic V2 plus 1 townhouse fully furnished & equipped. Composed of 4 bedrooms, 2 bathrooms, kitchen, roof, 3 bedrooms, 2 WCs, large terrace, pool & garden. Air-con, cable TV & barbecue. Located in the quiet town of Albufeira, close to amenities. Excellent opportunity. €199,000. Ref.013-0348

www.gmacimobiliaria.pt/albufeira
albufeira@gmacimobiliaria.pt

Phone: +351 289 010 178 • Mobile: +351 911 033 605
AMI 8043

HAVE IT ALL NIGHT LONG!**S.O.S.**

SKY DIGITAL TELEVISION
serving the Algarve for all your satellite needs

All Your Channels
All Night Long Guaranteed
The Best Reputation on the Algarve

Chris Whitman
916 378 722
sosskydigital@msn.com

fogo montanha
wood burning fires



Milano cushion - Dark chocolate faux fur, Brown silhouette leaf and Cream silhouette leaf . Milano throw - Dark chocolate faux fur and Brown silhouette leaf.
www.virginvieathome.com

PVC Directo

Assembly of Doors and Windows in PVC/Aluminum, Shutters, Mosquito nets, Blinds, Electric blinds, Conservatories.

We double the glazing - Not the price

Tel: 916 184 148 / 969 410 952 • Fax: 282 380 308
pvcdirecto@gmail.com

Chilled out rooms

Forget the winter chills caused by the climate and the credit crunch. Get cosy at home with bargain buys that will turn the heat up in your rooms without affecting the bills.

Don't just feel sorry for yourself if you're suffering from winter ills - spare a thought for rooms that may have their own seasonal ailments.

You wouldn't prance about now in thin summer togs, so your home should be suitably re-dressed for December and beyond too.

After all, what looks fab bathed in warm sunshine and bright light can suddenly look distinctly unappealing in the cold, harsh light of winter.

Urgent treatment to turn up the temperature - without raising those scary heating bills - will result in a cosy, sensual sanctuary suitable for hibernation and socialising.

Be warned though - it's easy

to let winter winds blow style out of the window, and you can end up with an ill-thought out assortment of accessories that may be warm but won't earn you any festive compliments.

It's essential to avoid no-nos such as sausage dog draught excluders, uncoordinated throws that make sofas look like badly dressed parcels, and an odd mismatch of lightweight and winter cushions.

Follow our prescription and treat your home to some cosy and desirable homeware with distinctly purse-friendly price tags.

Administer at least one dose (or home buy) for immediate results!

By Gabrielle Fagan



La Belle Vie tassel, cushion and throw.
www.virginvieathome.com

mestre Construtivo

Add comfort and value to your villa.

Roofing
Facade
Thermal Insulation
Pool
Wooden Constructions
Creative Services

Quality. Sustainability. European standards.
Protection. Design. Rise in value.

www.mestre-construtivo.com

Phone: 00351/289.42.25.25 | Mobile: 00351/93.866.92.15

Designed and manufactured in the Algarve

Exported throughout Europe

From 915 Euros + installation costs

www.fogo-montanha.com

tel: 282 470350 fogomontanha@mail.telepac.pt





Raspberry muffins

Makes 9 muffins

If you have raspberries left over from this recipe, stir them into Greek yoghurt and top with runny honey for a quick and tasty pud. If raspberries aren't around, these muffins are just as scrummy if you use the same weight of fresh blueberries instead.

200g (7oz) self-raising flour
1tsp baking powder
75g (3oz) caster sugar
1 egg
175ml (6fl oz) milk
125g (4 1/2oz) butter, melted and cooled
175g (6oz) fresh raspberries

Preheat the oven to 190C/375F/Gas mark 5. Line muffin tin with nine muffin cases. Sift the self-raising flour, baking powder and caster sugar into a mixing bowl.

Whisk the beaten egg with the milk and cooled butter and stir into the dry ingredients, until just mixed (don't overmix). Then add the raspberries.

Divide the mixture between the muffin cases and bake in the oven for 20-25 minutes until risen and lightly golden. Enjoy one while still warm! Then leave the rest to cool on a wire rack.



THE BATTERING PLAICE

Traditional British Fish and Chips
Restaurant-Takeaway-Delivery
service
Next to the Post Office, Almancil

EXCELLENT VALUE FOR MONEY

Using only the finest quality cod, haddock, wholetail scampi, English sausages, homemade 6oz pure beef burgers, chicken burgers, pies, doner kebabs and much more. Handcut chips, freshly prepared beer batter & homemade mushy peas.

WINTER SPECIALS

LUNCH * DINNER

One Course - €6 One Course - €11
Two Course - €8 Two Course - €13
Three Course - €9 Three course-€15

*(Dinner includes bottle of wine per table of two)

OPEN: MONDAY - SATURDAY

12.00 Midday-2.30PM • 5.00PM-10.00PM

Last orders for restaurant and delivery

30 minutes prior to above closing times

Telephone - 963 731 736



In a prime location on the Marina's waterfront, Way Point is the perfect venue for your Christmas dinner party.

Our special Christmas menus are the perfect match to Way Point's superb atmosphere.

Make the most of this holiday season and rediscover the traditional flavours and aromas.

Reservations: marinaclub@marinaclub.pt or +351 282 790 600



Marina Club

★★★

MSF

Island Café is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

The Cornish Range in Burgau offers a taste of Cornwall in the Algarve in their air conditioned premises or as a takeaway treat. Their range consists of traditional Cornish pasties, sausage rolls, scones and muffins, clotted cream, homemade desserts, sandwiches, 100% pure apple juice and award winning ice cream. Hmmm ... sounds delicious.

Parties are catered for and they have a membership scheme for surfers and golfers.

Seattle Style describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex - served in

Cornish Pasties in Burgau!



The taste of Cornwall in the Algarve

- Cornish Pasties
- Sausage Rolls
- Delicious Sandwiches
- 100% Pure Apple Juice
- Scones & Muffins
- Clotted Cream
- Home Made Desserts
- Award Winning Ice Cream

A perfect treat for children and adults alike. Eat in air conditioned comfort or take away. Snack packs and coffee to go. Parties catered for. We also offer a membership scheme for surfers and golfers.

Tel Office (00 351) 283 958 192, Shop (00 351) 282 092 268
Mobile (00 351) 933 831 358
thecornishrange@sapo.pt • www.thecornishrange.eu.com



Gourmet Chinese Food & Wine
Lunch & Dinner

Also displaying Chinese Ornaments



Rua do Comercio 94, Almancil
Tel: 289 397 642 / 969 325 455



American
Casual
Dining

* Open for all events

* Live Music from 1st November

* Sunday Lunches starting
2nd November

You will find us conveniently located at the entrance of Presa de Moura in Sesmarias, Carvoeiro.

Open every day from
12h00 - until late

Reservations
Tel: 282 353 406



Restaurant guide

ALMANCIL

Shanghai Restaurant

Delicious dishes from Shanghai

Open: Daily 12.00-15.00 & 18.00-23.00

Rua do Comercio, 94 R/c, Almancil

Tel: 289 397 642

The Battering Plaice

British Fish & Chips

Open: Mon-Sat 12.00-14.30 & 17.00-22.30.

Sundays 18.00 - 21.00

Next to the Post Office, Almancil

Tel: 963 731 736

ALVOR

Faja Lobi

International & Suriname Cuisine

Open: Daily from 17.00 - 22.00

Urb. da Dourada, Lote 1, Alvor

Tel: 282 414 133 / 918 838 484

Food Passion

International Cuisine

Open: from 6.30pm

Mon-Thurs, Sat & Sun

Above Caixa Geral Bank, by the taxi rank in Alvor

Tel: 282 314 276 / 912 159

813

Seattle Style

American Bar & Chowder House

Open: Daily from 10.00am

til late, late!

On right of Alvor harbour next to the Lifeboat Station

Tel: 282 457940

BARÃO DE SÃO JOÃO

O Beiral

International & Vegetarian menu - Italian specialities

Open: Tue - Sun 11.00 - 15.00 & 18.00 - 24.00

Rua Dr. Guerreiro Tello, Barão de São João

Tel: 282 688 004 / 912 299 672

BURGAU

The Cornish Range - O Sabor da Cornualha

The taste of Cornwall in the Algarve

Rua Principal, 15, Burgau

Tel: Office 283 958 192

Shop 282 098 268

Mobile 933 831 358

CARVOEIRO

Island Café

American casual dining

Open: Everyday from 12.00 - till late

Entrance of Prese de Moura in Sesmarias.

Tel: 282 353 406

LAGOS/LUZ

A Florestal Restaurante

Cosmopolitan menu

Open: Tues-Sat. 12.00-2.30pm & 7.00-10.00pm

Sun. Special Brunch 12-3pm

Barão de S. João, Nr. Luz

Tel: 282 687 204

Way Point Restaurant

Traditional cuisine

Open: Daily 8am - 11pm

Lagos Marina

Tel: 282 790 600

Sta Casa da Misericordia - Lar São Vicente Christmas appeal 2008



TAVIRA CHRISTIAN CENTRE

126 Rua Almirante Cândido Reis
(Opposite the Australia Bar)

CHARITY SHOP

Come and buy good second hand clothing, Christmas items, bric-a-brac. We are open Wednesdays, 2.30 - 4.30 p.m (closed Wednesday 24th & 31st December) proceeds to Tavira treasure, (Helping the people of Tavira)

Christmas Event
Saturday, December 6th at 7.30pm
at Carvoeiro Tennis Club
A Christmas Carol Service
for all the churches in the Algarve
everyone welcome
"bring and share" finger buffet to follow
For more info call 282 461 985

Centro Comercial Portimão
CONTINENTE

60 Lojas Stores **6 Cinemas** **12 Restaurantes Restaurants**



Vila Palmeira



Meia Praia



Lagos

"One of the very best restaurants in the Algarve"

The Mediterranean cuisine with its reasonable prices is outstanding and our interior decoration together with the fantastic views over the Atlantic and the city of Lagos are



BISTRO and Bar
Open from 11 h - 24 h
Restaurant VIVENDO

Open from 19 h - 24 h
(Both closed on Monday)

Tel.: 282 770 902
vila_palmeira@iol.pt
www.vila-palmeira.com

Parking available

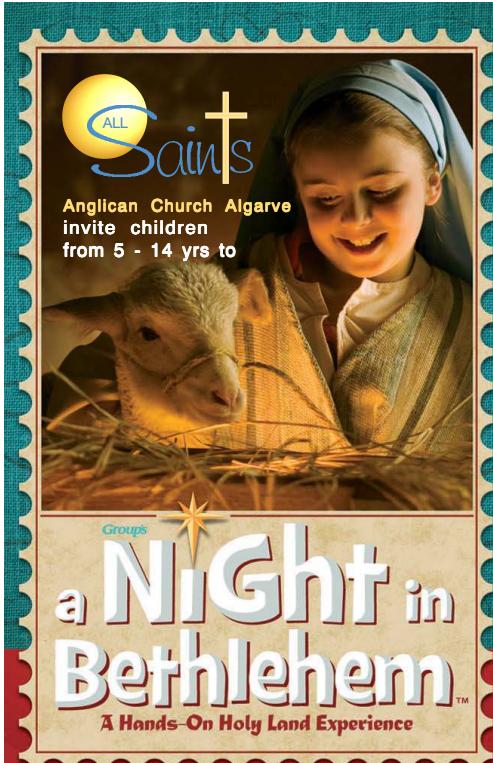


Christmas Fayre
On 12th December
3pm - 6pm
in Silves Cine Club

Carol singing, Christmas gifts for everyone, cards, fancy goods, books, Fi-Line Fashion by Fiona, Delicious cakes, jams, pickles - all homemade Teas, coffees, soft drinks, mince pies etc.

COME JOIN US - ALL WELCOME
Proceeds for Castelo de Sonho charity

Patricia 919 318 030 or Carol 282 449 921



Come and experience life in Bethlehem as it was on the night that Jesus was born
Saturday 13th December
10am - 4pm

São Lourenço International School

Almancil

For more info and to register please call
Jo Blackman 91 619 6077
Wendy Web 289 413754
Kevin Croft 289 368779

Cashmere & Silk

Put the best next to you

Barrington's

Vale do Lobo. Tel: 289 351 941
December 11th, 12th & 13th

Affordable cashmeres & silks, approx 1/2 RRP or less! Ladies & mens sizes 10-26
Call: 289 358 535 - 963 895 764 for details

CHRISTMAS LUNCH at Calabaza Restaurant

Estrela da Luz - Praia da Luz

Pre lunch cocktails from 12:30pm followed by a traditional Christmas buffet lunch. Wine, soft drinks, coffee, port or brandy and mince pies included.

Adults: 70€
Children (5-12 years): 40€

oceanico
RESORTS & LEISURE

For more information and to make your booking:
reservations@oceanicogroup.com
Tel: +351 282 767 546 (9am-5pm daily)

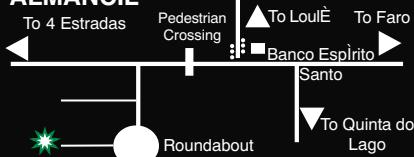
www.oceanicogroup.com

All Saints Anglican Church Invites you to a CHRISTINGLE SERVICE

at ASCA • Almancil
Sun 7th Dec • 3.30pm



ALMANCIL



Shine a light into young lives with Christingle, the fun family service everyone wants to be part of

ANGEL PROGRAMME



on behalf of ACCA

(helping children in need in the Algarve)

We have a Christmas wish list from over 1,000 children across the Algarve, who live in institutions or below the poverty line. They don't ask for much, but what they do ask for could make the world of difference to them.

Please be an Angel and buy just one extra present this year.

Call us and we can give you a child's name, age and wish. Then all you need to do is deliver your wrapped, labelled gift to us at Barringtons, Vale do Lobo, before 10th December.

For further info call Wanda on 919617995 or Jackie on 963494788
www.accakids.com

VILA SOL ALGARVE
A RENAISSANCE SPA & GOLF RESORT
★★★★★

Add festive glow

with our great celebration packages

Christmas Eve Menu
€59 per person*

Christmas Lunch Buffet
€49 per person*

New Year's Eve Buffet Dinner & Dj Party - €129 per person*, stay the night and save on taxi for only €46 per person including brunch and late check-out

*including beverages

www.renaissancealgarve.com

Vilamoura, Algarve T: +351 289 320 320



Anthea's eight-week plan

Two weeks before:

- Post any last-minute cards or parcels.
- Buy your tree, but bring it into the house as late as possible.
- Decorate your front door with a wreath.
- Ice and decorate the Christmas cake, if you've made one.
- Buy or collect evergreens and other foliage for Christmas decorations and arrangements.
- Order non-perishable foods and have them delivered. Order flowers to be delivered next week.

Christmas at Senses...

Luxurious Winter Warmer Treatment List.
Starting from only 20 Euros. Plus book in for 2 or more Winter Warmers and receive 15% off!

Gift Vouchers and Christmas Spa Gift sets now available.
1/2 price Jessica Manicure or Pedicure with every treatment booked.



Senses... skin care centre, Lagos
282 762 261 / 913 275 869

Terra da Harmonia
Customer service we are proud of - with 25 years experience

Yankee Candles

Full Range

30% off



Rua 25 de Abril N2 c/v,
Down the road from Luzdoc
Across from the bank / taxi stand
PRAIA DA LUZ
Fax / Phone 282 788 353

oceanico
RESORTS & LEISURE

Estrela Health & Beauty - Praia da Luz
Tel: +351 282 771 200 - Email: hbreception@oceanicogroup.com
www.oceanicogroup.com

Shed the right sort of pounds this Christmas



Don't end 2008 feeling like a stuffed sausage - we find out how to wine and dine without ruining your waistline - or hurting your health.

Christmas is coming, the goose is getting fat - and so will we if we're not careful about what we eat over the festive season.

Every year, millions of us are tempted to start gobbling down mince pies earlier and earlier as supermarkets start promotions and we build up to the big calorie-fest that is Christmas week.

The average Brit consumes a gut-busting 7,000 calories on Christmas Day alone, but it never ends there, does it?

Days after the presents have been unwrapped, a seemingly innocent meal of a turkey sandwich, a leftover mince pie and a glass of wine comes to a whopping 930 calories, which you'd have to walk 9.3 miles to burn off.

And even before Christmas, there are parties to go to and treats being passed round the office. It's no wonder that by January, our clothes are feeling uncomfortably tight and we're signing up at the gym - again.

But it's not all doom and gloom - with some careful planning it is possible to have a low calorie Christmas, says nutri-

tionist Carrie Ruxton.

"On average, people put on about three or four pounds over Christmas because it starts a lot earlier than it used to. We're now starting the party season at the beginning of December so there's a whole month of eating and drinking more."

"It's important to think about what you're going to do over the festive period so you don't end up having this weight gain and then feeling miserable about it in January."

Carrie recommends deciding what your approach to Christmas eating and drinking will be, and then sticking to it.

"Dieticians always come across as killjoys at Christmas, but that's because our clinics are always flooded in January with people saying 'oh dear, I've put on a stone, I'm so depressed about it'. You can enjoy yourself, but you have to think ahead and make your choice."

"You either go overboard on Christmas Day and then try to make up for it a few days after by being more active and eating and drinking less, or you decide that you're going to enjoy every

day of the Christmas season, but maybe eat a bit less everyday to minimise weight gain."

Follow Carrie's tips for a guilt-free Christmas:

More protein, less fat

"On Christmas Day and Boxing Day, think about the plates of food that you have and go for more turkey and more veg and then minimise the sauces and high fat ingredients like roast potatoes. Turkey is low in fat and very high in protein, which has been shown to make you feel full for longer, so you won't come back for more."

Vary your vegetables

"Vegetables are low GI and high in fibre and will fill you up with fewer calories than fatty alternatives like nibbles and sausage rolls. But it's easy to get bored of veg over the Christmas season and then you'll start having smaller portions. Why not try roasting winter vegetables like swedes and onions or go for seasonal cabbage and spinach for a change?"

"Roasted potatoes are really really high in calories because they've been sitting in fat in the oven. Why not mash, bake or

boil them for a healthier alternative?"

Have smaller portions

"In Mediterranean countries, they put a small amount on their plate and then, if they feel like it, they'll have some more. But in Britain, we load up the plate until it's overflowing and then everybody feels obliged to eat everything on the plate. Switch to the Mediterranean style and you'll probably find you eat less."

Choose healthy starters and puddings

"Go for soup because it's more filling than greasy vol-au-vents or sausages on sticks and for dessert, try something like meringue with fruit and natural yoghurt, which will be much lower calorie than the traditional pudding with custard and brandy butter. If you really have to have Christmas pudding, have a smaller portion than normal."

Take breaks between courses

"Christmas dinner is the big family meal of the day, so if you have breaks where people can get up from the table and come back, it gives the hostess a break and it

means the food has time to kick in, so you'll eat less."

Supplement low calorie ingredients

"You can shave a lot of calories off your Christmas meals, by using alternative ingredients, like skimmed milk in custard and sugar replacements. If you're making your own Christmas pudding, you can use lots of fruit and less of the fat and sugar to get the calories down. If you're making biscuits, reduce the sugar and add in things like oats to pad it out and make you feel fuller."

Go easy on the alcohol

"Watching your alcohol intake is important, because people sometimes forget the calories you get in a glass of wine or pint of beer. A large glass is 200 calories, so if you have five that's 1000 calories, or half a woman's daily requirement of energy. That's a lot of extra calories that won't make you feel any less hungry."

Exercise

"A good brisk walk after Christmas lunch instead of slumping on the sofa will help with digestion and should burn



off a few calories. But if it looks a bit gloomy outside on the day, there are things you can do inside as well. The kids always get bored at Christmas, so play with them, run around the house and have a laugh and that will help get rid of some calories and help with your digestion too."

By Kate Whiting

Puxar Lustro Lda

zymöl

.... Your Car

.... Your Bike

.... Your Passion

The exclusive Zymol automotive enhancement system. Natural washing, cleaning and feeding giving the ultimate vehicle finish and the longest lasting protection

Puxar Lustro is a specialist vehicle valeting and accessories company. The only company licensed to use and supply Zymol in Portugal. Opening soon at the Autodromo do Algarve. Contact us for more information.

913 321 242

www.puxarlustro.com



Arrecadação da Luz



Rua da Calheta, 4D - 8600-154-Praia da Luz - Lagos
Tel.282 788 224 / Fax 282 789 022 / Tlm. 918 660 006
WWW.Arrecadacaodataluz.com

Food Passion
Restaurant

RESERVATIONS NOW BEING TAKEN FOR
CHRISTMAS DAY LUNCH & DINNER

Five course à la Carte menu
including vegetarian options

* Everything is fresh produce & homemade
€35 per head. Children under 12 years 1/2 price

We are offering you a FREE carafe of wine
per couple with your meal

Call 912 159 813 or 282 314 276
to book for either sitting

Find us next to the Taxi Rank above
Caixa Geral bank in Alvor

Collections
LADIES' FASHIONS FROM ALL
OVER EUROPE
Seasons Greetings

Friday 5th December

Hotel Belavista, Praia da Luz - 10am - 5pm

Saturday 6th December - St Vincent's Christmas
Fayre, Almancil Community Centre - 10am - 1pm

Monday 8th December - Barrington's Christmas
Bazaar, Vale do Lobo - 11am - 6pm

Tuesday 9th to Friday 12th December
Daphne's Shop, Loule Road, Almancil
10am - 5pm

Shop at Quinta da Praia,

ALVOR - 282 476 574

Mon - Fri: 10am-1pm & 3pm-6pm • Sat: 10am - 1pm

Seattle
Grill
Alvor

Now serving a lazy Sunday Lunch

3 course €9.99

Music by the Witness

*Also now taking bookings for
Christmas Day & New Years Eve*

For bookings or details call

282 457 940

or visit our website www.casa365.co.uk

St. Vincent's Anglican Church, Algarve
Part of the Church of England, Diocese in Europe and the Anglican Communion

Christmas Fayre

Saturday 6th December

10 am to 1 pm

at

Almancil Community Centre, ASCA

Christmas gifts, books,
home produce, Raffle,
Christmas treats, Tombola,
cards, handicrafts,
fashion, toys, Santa and
much, much, more.



Come along!

Enjoy the 'Christmas spirit'

Be the life of the party



With some serious partying looming it's time to prepare so you're in top top shape for that full-on socialising. We've got a package full of tips and health hints so not only enjoy the fun, but look the business and don't succumb to the health perils of partying.

With the economic crisis, many of us will no doubt be trying to party our sorrows away this Christmas. Yet, while drinking and eating to excess might sound appealing, it won't be long before your body starts to rebel.

Tiredness, weight gain and headaches are just nature's way of telling you to take it easy. But before you get desperate and begin wasting your Christmas present budget on exciting-sounding vitamin injections, read on.

PRE-PARTY PREPARATION

NHS Direct spokesperson Jacqui Jedrzejewski understands the toll of the party season. She suggests making a few adjustments to your routine, to see you through those late nights, and early mornings.

"Eating at regular intervals, not skipping breakfast, and getting enough sleep, are good ways to help you maintain your energy levels," she says. "Choose foods that are digested slowly. Wholegrain rye bread, porridge, pasta, beans, lentils and noodles are good choices and contain slow-release energy which may help prevent you from feeling lethargic during the day."

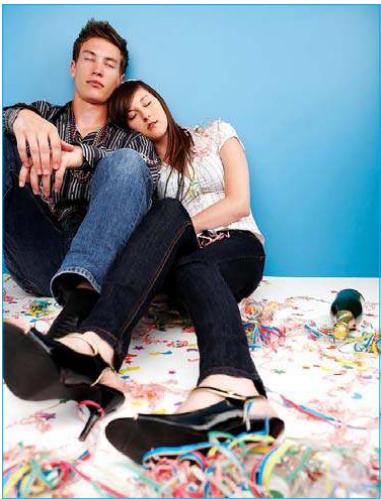
Jacqui points out that the foods we turn to when we're hungover

or skip meals can often make us feel the worst. "Foods that are high in sugar, such as chocolate, cakes, biscuits, and fizzy drinks, might give your body an instant energy rush when you eat and drink them. But, after the initial rush, your sugar levels will drop. And as they fall, so will your energy levels. As a result, you may find it more difficult to concentrate or you may feel irritable and tired. Likewise, drinking too much caffeine, found in tea, coffee, and cola drinks, can leave you feeling anxious, and restless."

None of which is good news for those planning to hit the office Christmas party with a bang. Jacqui explains that while mince pies might taste nice, they don't contain everything you need to look and feel great.

"There are essential nutrients that your body needs in order to work properly. Fruit and vegetables are rich in vitamins and minerals so you should eat at least five portions a day. Fats and sugars contain more energy

than any other food group and so should make up the smallest part of your diet. Save them for special occasions. That way you can



enjoy some treats, without the side effects."

Finally, Jacqui suggests that exercise will not only burn off those extra party pounds, but keep you finally festive. "If you exercise regularly, you will benefit

from the feel-good factor that you get afterwards. This is due to a release of a chemical called serotonin within your brain. Serotonin is your body's way of making you feel happier and less stressed."

24-HOUR PARTY PEOPLE

Once you're in the party mood, don't let all your hard work slide as soon as you hit the pub. Heavy drinking plays havoc with our skin, liver and mental health, explains Jacqui.

"In terms of alcohol, drinking a moderate amount is unlikely to do you any physical or psychological harm," she says. "However, for some people, social drinking can lead to heavier drinking, which can cause serious health problems. If you feel your social life revolves around alcohol or you're unable to stop drinking once you start, you may have a problem. So don't put your health at serious risk of conditions such as cirrhosis of the liver, high blood pressure and mental health problems."

Department of Health guidelines state that men can drink be-

tween 3-4 units of alcohol per day without serious risk to health, and women 2-3 units. Remember that a unit of alcohol is equal to about half a pint of normal strength lager. And for some people, drinking booze isn't quite enough. So if you are thinking of pepping up your night with drugs, think again.

Callum Jacobs, spokesperson for national drugs information service FRANK, says it's best to always have an 'exit strategy' lined up in your mind, should you be offered something you don't want to take.

"No one wants to feel like a party pooper, but the best way to stand up to persistent persuasion is to keep it simple," he says. "You might want to make a joke out of it or tease friends who try to pressure you. Make sure you know how you're getting home-book a taxi in advance, or arrange for someone who isn't drinking or doing drugs to collect you," he adds.

"Remember to save the all important 'emergency tenner' to pay for a taxi should your lift let you down. Trying to run away from the taxi driver in your party shoes on the icy streets - not a good look. And if you do take drugs, try to make sure you are with friends and tell them exactly what you have taken in case you run into difficulties."

EASE THE POST-PARTY PAIN

Even if you manage to conscientiously supplement your alcoholic drinks with water at the office party, a heavy head is often inevitable. But while water and time can usually alleviate the effects of too much booze, there can be other things to think about.

According to Rebecca Findlay, spokesperson for the Family Planning Association, very few of us expect to have a one-night stand. "We don't want people to worry about STIs (Sexually Transmitted Infections) and unplanned pregnancies over Christmas. But if you have sex with a new partner without a condom, it doesn't matter whether you're 30, 40 or 50, you're exposing yourself to infection. And for younger women, the risk of pregnancy..."

Rebecca says that over Christmas the FPA helpline goes very quiet. "We then get lots of calls in January, because people have thought about what's happened to them, and started to panic," she says. "But if you're worrying, go to a sexual health professional, get tested and get reassurance. The worst thing is to sit and worry about, and do nothing. On the whole, people don't go out expecting to have unprotected sex. It just happens."

Rebecca has one other top tip for Christmas. "Remember that clinics and doctors surgeries aren't going to be open over Christmas, so make sure your contraceptive prescription is up to date or you've got plenty of condoms. You don't want to run out at the wrong time. Some pharmacies will let you buy emergency contraception over the counter, in case you do miss a pill or anything else goes wrong."

For further help or information please call FRANK on 00 44 (0)800 776 600 or go online to: www.talktofrank.com.

Visit www.fpa.org.uk for more information about sexual health.

Sarah O'Meara



Direction (Management)
Drª Maria Alice Serrano e Silva
Drª Joanna Karamon

Tailor Made Health Providers
General Family Medicine, Medical Specialties
Non-medical health support techniques
On-site complementary diagnostic tests
Emergencies and Appointments at the Clinic
Domiciles by Doctors and Nurses
Occupational Health

Main clinic: Rua 25 de Abril, 12, Luz 8600-174 Luz – Lagos

We are here for you

24 Hours a day
Emergency Cover: 917811988



Phone: 282 780 700
Fax: 282 780 709
E-mail: info@luzdoc.com
www.luzdoc.com



BETO
FITNESS CLUB

• ginásio body combat • body pump • rpm • localizada • staff simpático e dedicado
• acompanhamento constante • banho turco • zona de lounge

www.betofitnessclubs.com 282 419 950

Health, Wealth & Wellbeing

Independent Insurance Professionals



Contact us for a wider choice of
health, travel and general insurance

+351 282 357 853 • +351 282 969 288
email: insurance.portugal@pic-europe.com
www.insurance4portugal.com

Regulated by the Instituto de Seguros de Portugal
and the CAA in Luxembourg.
Registered with the FSA in the United Kingdom.



Bloco Maravista – Lote 44-46,
Rua do Paraíso, 8400-518 Carvoeiro LGA

Christmas shopping or January

London's Royal Lancaster Hotel is a hotel of constant surprises. Overlooking Hyde Park is an obvious advantage, but the views from both bedrooms and public rooms are much better than you would expect.



The outside entrance of the Island Restaurant and Bar

In terms of location, it has a central line station beneath the hotel, and Oxford street is a couple of stops one way, and the new Westfield with over 300 shops and restaurants under one roof is just four stops in the other direction. But perhaps the best surprise is the quality of the accommodation, restaurants, and above all the service. The Royal Lancaster scores top marks on so

many points that it gets our recommendation for readers wanting to take advantage of a great Euro/Pound exchange rate, the new lower VAT, the big discount sales and the low fares being offered especially from Faro during the low season of December and January (except for the holiday period). What better excuse could you need to for a weekend's shopping in London?

First impressions count for a lot, and the moment our taxi pulled up at the hotel entrance, the doorman opened the door with a friendly welcome and our bags were whisked away. The Royal Lancaster Hotel is "traditional" in the very best way, and you walk into reception over the thickest pile carpets I can remember, to a discrete reception. It's all wood, comfortable armchairs and

and tasteful paintings, and there is no sign of gilt or glitter that so many modern hotels seem to rely on these days. Lighting is at exactly the right level, not too bright, and not too dim and the whole impression is of discreet luxury and good service.

There is a good range of room rates, and all the rooms are light and airy with large windows to enjoy the views, and all are fully equipped with all the facilities you would expect, including large en suite bathrooms with power showers, satellite TV etc. The higher the floor the larger the rooms and of course the room rates rises at the same time, though not unreasonably. You can request a floor level and a park or city view.

Our room was on the 18th floor, and these rooms are large and very comfortable with "picture" windows and some of the best views across London. The bathrooms are marble, and with large basins, and a really large traditional bath that you can stretch right out in.

If you prefer a shower, it was good to see that the shower had its own separate heat and water strength controls; it wasn't just an extension off the bath tap. Towels are thick, large and plentiful, from large bath size right down to flannels, and all are monogrammed, a nice touch. Bath robes and slippers are also provided. There was a nice range of toiletries from Gilchrist and

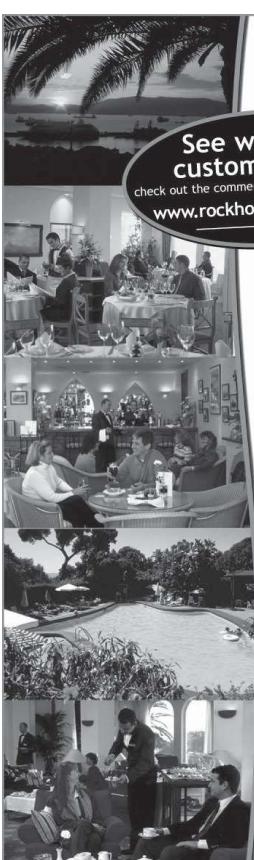
Soames in a small basket by the basin. There was the inevitable hair dryer attached to the bathroom wall, but there was also a separate hair dryer in the room for those who don't like the fixed bathroom variety.

Strangely I couldn't find a shaver socket in the bathroom, but then almost everybody has rechargeable shavers these days.

A really nice and very unusual touch was that by the desk in the bedroom there was a range of sockets to accommodate British 3 pin plugs, continental European plugs, and even 110 volt American plugs. Whatever laptop or other device you have brought with you, like your phone charger, there was no need for a plug converter. The bedroom was large and spacious, with a settee and coffee table, a work desk, and a high quality flat screen TV with over 50 channels, and as far as I could see, in house movies were not charged for. The beds are firm and very comfortable with duvets and extra feather pillows on request.

Storage and hanging space was no problem, in fact it was generous, and a room safe was provided along with plentiful space to unpack your cases. Everything is very well thought out, spacious and very clean. Room service was impressive, with an evening turn-down service, and the maid never forgot to top up the tea and coffee etc, which is often overlooked until the morning in other establishments. Unfortunately the hotel provides mugs rather than cups and saucers, but that seems to be standard these days, and preferred by many guests.

Breakfast is served on the first floor in a modern dining room with superb views over the park and specifically the fountains at Kensington Gardens and the up-terrace of the Serpentine. We found a few minutes delay waiting to be seated each morning on the Saturday and Sunday, though on Sunday the hotel opened the Thai restaurant for breakfast as well. It wasn't a shortage of tables, simply the wait for seating. A nice touch was a table of coffee and tea and juices for you to drink while you waited to be seated. A good range of cereals, yogurts,



AN OASIS...

See what our
customers' say
check out the comments section on our website
www.rockhotelgibraltar.com



IN A BUSY WORLD

GIBRALTAR

...is closer than you think!

A bit of home away from home, around four hours drive from the Algarve!

sights international shops
english speaking duty free

A three night short break at the famous Rock Hotel could be just what you deserve.

Built in 1932 by the Marquis of Bute, the hotel to this day still offers standards of comfort and care from that bygone era.

A three night break based on two adults sharing a twin or double bay facing room including a full english breakfast and including complementary Internet usage

£155 per person

Call Liz Valerga in reservations for availability, quoting Portugal News.

Europa Road, Gibraltar

Tel: +350 200 73000 Fax: +350 200 73513

E-mail: info@rockhotel.gi www.rockhotelgibraltar.com



**LONG WEEKEND
in MONTE GORDO**

€51 PER PERSON (min 2 pax)

****HOTEL CASABLANCA INN****

3 Days, 2 Nights, Half board, Welcome drink on arrival Friday, after 15:00hr + Dinner Saturday, Breakfast + Dinner Sunday, Breakfast and Check-Out at 12:00hr
(Extra nights: €24 per night, per person, half board)
Bookings: Direct with Hotel Tel: 281 511 444 • Fax 281 511 999
E-mail: hotel@casablancainn.pt www.casablancainn.pt



www.the-news.net



The Nipa Thai Restaurant overlooking the park.

sales, the best London location



Island Restaurant Chef Jean-Claude Vydelingum

with a rather conservative choice of satay, but it was better than anything previously tried, and the sauces, both the traditional peanuts and a hot and spicy sauce were delightful, but go easy on the whole Chilli's, they are HOT!

For the main course we tried a traditional Thai green curry, probably the best I've ever tasted, and soft shell crabs in a light batter served on a Mango base. They was no way of telling if we were eating the 'softshells', but they were very tasty, and something to be tried again. There was no room left for a desert! Service, as everywhere else in the hotel, was discreet and attentive, just as it should be.

On the Sunday evening we tried the Island Restaurant, which is full of surprises. As you walk in the modern décor is very impressive, soft lighting, good views out of the massive windows, black tables, beautifully laid (except for the rather doubtful plastic mats). The restaurant is on two levels, many of the tables enjoying views out over the Hyde Park Italian gardens. The cocktails are definitely worth starting your meal with, and we tried three varieties, and enjoyed them all. Our guest was a Sous Chef from a nearby two Michelin Star restaurant, brought along for his professional viewpoint on the food preparation. The first surprise came with the menu, which could best be described as

a "safe and reliable" choice of dishes for a hotel restaurant rather than more "exotic" dishes. The main courses on offer included Fish and Chips, a burger and, of course, steaks. However, Chef Jean-Claude Vydelingum had a few surprises up his sleeve. The proud boast on the menu outside the restaurant that said that they only use the finest ingredients available, proved to be no marketing man's exaggeration.

We chose a seafood plate, steamed Cornish mussels and a tiger prawn salad. The starter of Steamed Cornish Mussels was proclaimed to be the best ever tasted, and the delicious steamed coconut broth in which they were served promised to be of good strong Thai origin.

The seafood plate, which comprised of well seasoned salmon tartar, a fresh Oyster flavoured with soy sauce, which gave unexpected Asian twist and a delicately light crab mayonnaise with a warm scallop. The tiger prawn salad came with two pre-shelled prawns, cooked to perfection, on a wild rocket salad with roast red pepper, crostini and garlic mayonnaise. This was the least well presented of the three starters; the others could not be faulted for the way they had been plated.

For our main course we chose Beer battered sustainable Pollock and hand cut chips, grilled calves' liver with bacon and creamed potatoes and a sirloin steak. The



Entrance to the Royal Lancaster Hotel

cold cuts and other healthier breakfast options were available, or you can order a full English breakfast, eggs Benedict, omelettes or haddock. A very nice touch with the full English breakfast was that the baked beans were served in a separate dish on the plate, which stops them running all over the other ingredients. Service was attentive and helpful, though on Saturday the strain of so many guests did slow things down a bit.

The two main restaurants are the award winning Thai restaurant 'Nipa', one of only 15 Thai restaurants in the UK to have received a "Thai Select" award from the Thai government. Décor is really authentic, and most of the chefs are ladies, and clearly very skilled in the preparation of authentic Thai dishes. We started

choice of a sustainable fish as an alternative to overfished cod was encouraging to see. I had never tasted (or even heard of) Pollock, but it was very close to cod. Presentation of the dish was again excellent, and a green pea puree was perhaps a tongue in cheek tribute to mushy peas.

The grilled calves liver was perfectly cooked, pink inside, and the creamed potatoes tasted earthy and buttery, though they might perhaps have been a little smoother. The bacon was just a little overcooked for my taste, but again a very personal matter as many people like their bacon crispy. The steak was beautifully aged and cooked, and the béarnaise sauce had a classic flavour, and was also accompanied by a good mushroom red wine sauce.

By this time only two of us had the space to try the dessert menu, a steamed apple and almond pudding, with blueberry ice cream and the other choice was butter milk pancakes. The pancakes were miniature and fluffy, the creamy chocolate mousse and honey comb cream providing balance with moreish quality. Despite the name, the steamed apple and almond pudding was delicate and superbly flavoured, and the ice cream clearly home-made.

What did our professional chef feel? He was impressed by the food and presentation and thought that "the chef is sitting on even more potential than he has shown as yet. The menu was safe and reliable and won't disappoint". This is a restaurant you can rely on for high standards and excellent ingredients with a good and affordable wine list. We tried the Chablis Laroche 2006, and the Valpolicella Classico

Bonacosta red, both excellent and very well priced.

The Royal Lancaster is a hotel we would have no hesitation in recommending. It's in the very heart of London shopping, yet peacefully located overlooking Hyde Park. Service is very attentive, yet never overbearing. The hotel's rack rate starts at around £160+VAT per double room, per night at the weekend, but check

P.L.



One of the top-floor bedrooms

*The Ideal Place for your
Christmas & Réveillon Parties ...*

- **Welcome Drink**, at 9.00pm;
- **Live Music** during the Dinner;
- **Sparkling Wine and Raisins**:
- **Fire Work Show** that can be seen from the Outdoor Pool area or from the 8th Floor at Midnight;
- **Disco Music** after Midnight and all night long...

Avenida de Sabóia, 209 – Monte Estoril 2769-502 Estoril Portugal
Tel: +351 214 667 6 00 Fax: +351 214 667 6 01
Email: geral@hotelestorileden.pt | <http://www.hotelestorileden.pt>

FLY

MANCHESTER

Thursdays, Fridays and Saturdays

flyMonarch.com

Flight information: +351 289 800 617 | faro.airport@ana.pt | Europe's gateway to the sun
PC, pocket PC or PDA timetable downloads at www.faroairport.com.pt
Choose your destination: http://www.ana.pt/portal/page/portal/ANA/INOV_NOVOS_HORARIOS_TODOS

2N2 Aeroportos
Algarve

Alarms

RESPONSE ALARMS ■ 10
Home Security Systems
Tel: 282 356 083
Mob: 918 987 093
paul...@responsealarms@hotmail.com

SECURITY SOLUTIONS
Security systems
Tel: 961 111 356
securitysystems.algarve@gmail.com

Antiques

ANTIQUES & DECORATIONS
Rua São João 1A,
8365-063 Algoz
(opposite Post Office)
Tel: 964 188 791
email: jenniesayer@aol.co.uk

FRED PEETERS
Dutch Antique Dealer
Messines
Tel: 282 338 602

GOLD SILVER JEWELLERY
Buying in any condition
Also coins, watches and old oil
paintings
Tel: 960 212 008 from 10am -
6pm

Auctions

ALGARVE AUCTIONS
Top quality gear!
São Brás
Tel: 919 767 066
www.algarveauctions.com

TAVIRA AUCTION
Vale Caranguejo, Tavira
(Near Mini.Preço Roundabout,
just off EN125)
Tel: 916 138 059
Mob: 916 138 060
www.algarveexpats.com

Bureaucracy

ALMANCIL SERVIÇOS
Bureaucratic Assistance
Almancil
Tel: 289 393 412
Fax: 289 393 938
almancil.services@mail.telepac.pt

C M SERVICE CENTRE
Bureaucratic Assistance
Lagos
Tel: 282 085 074
cm@netvisao.pt

GBIS IMPORT
Documents agency
Lagoa
Tel: 282 356 083
Mob: 911 133 803
gbis-import@hotmail.com

THE ADVICE BUREAU
Vale de Parra
289 592 388
info@theadvicebureau.com

Education

CENTRO DE LÍNGUAS DE LAGOS
Language School
Rua Dr. Joaquim Tello - Lagos
Tel: 282 761 070
centro.de.linguis@mail.telepac.pt

CLCC - CENTRE
Language School
Portimão - Jardim Gil Eanes
Tel: 282 430 250
email: geral@clcc.pt
www.clcc.pt

UNIVERSIDADE DA CRIANÇA
Crèche & pre-school
Portimão
Tel: 282 423 974
reitoria-uc@ideas4tomorrow.com

Entertainment

GAMES ROOM EQUIPMENT
Tel: 912 264 905
Mob: 917 846 242
www.fjnorth.net

FARO JEWISH HERITAGE CENTRE
Synagogue Museum
Faro
Tel (Centre): 289 829 525
(Guide) 936 394 488
Ralf.Pinto@sapo.pt
www.farojewishheritage.org/

STANDING OVATION
Events & Party organisor
Tel: 914 599 933
www.standingovationalgarve.com

Landscaping

Gardens & Ponds

ALGARVE TREE SERVICE
Tree Surgery
Vale Grito, Aladena, Lagos
Tel: 917 479 921
www.algarvetreeservice.com

ECOSSISTEMAS
Garden Centre
Est. Nac. 125, Odaxere, Lagos.
Tel: 282 799 537
Fax 282 799 840
www.ecossistemas.com

GERALDES LANDSCAPE
Construction and maintenance
Tel: 289 328 255
Mob: 913 407 507
geraldespaisagismo@hotmail.com

HARVEYS OF LOULÉ
Garden Construction & maintenance
Loulé
Tel: 289 412 462
Mob: 916 048 671
harvcor@sapo.pt

JARDINLANDIA
Garden Centre
Mob: 969 096 727

NORMAN GROUND-WORKS
Gardening & landscaping
Tel: 282 332 899
Mob: 963 134 129

Q GARDEN ■ 10
EN125 Odaxere
Tel: 282 799 633
qgarden@MAIL.telepac.pt
www.qgardenpt.com

Health & Beauty

ALAN GALE DENTURE STUDIO

Silves
Tel: 282 442 302
Mob: 916 717 113

ALGARVE ANGELS

Nursing Needs
Tel: 282 688 365
Mob: 937 021 451
algarveangels@yahoo.co.uk

ANDREAS J. MESZTICKI MD

Riverside International Medical Centre
Santa Barbara de Nexe / Faro
Moncarapacho - Tavira -
V.R. Stº António
Tel: 289 997 742
24hrs service: 919 657 860

BONS & TERNO'S HOMECARE

Range of Care & Services
Mel Dunn R.N. (BSc)
Tel: 918 024 114
mel.dunn@blanchworth.net

BOWEN TECHNIQUE

Central and East Algarve
Gareth Bullock
Mobile: 912 540 071

CLÍNICA DENTÁRIA

Dra. Cristina Fernandes
(Dental Clinic)
Rua João Menezes, N° 8 r/c,
8400 Lagoa
Tel: 282 342 920

CLÍNICA DENTÁRIA

Dr. Peter Nielsen
(Dental Clinic)
Horta da Figuras, Lt. 33, Faro
Phone: 289 865 530
www.farodental.com

CLÍNICA OPTIMA FORMA

Osteopathy
Albufeira / Almancil
289 588 923.

DR. FRANCIS HALEY

Dental Surgeon
Av. 25 Abril, 184-1ºC,
Cascais
Tel: 214 863 012

HAPPY FEET

Treatment of feet
Alvor
Tel: 966 237 330
carmen.becker@sapo.pt

LUZDOC INTERNATIONAL

Medical service
24hr emergency N°
917 811 988.

MONTE DA PALHAGUEIRA

Retirement Village
Gorjões, 8005-488,
Santa Barbara de Nexe, Faro
Tel: 289 990 900
montedapalhagueira@gmail.com

PERFECT SMILE

Dental clinic
Cruz da Bota, lote 6
Estrada se Alvor.
Tel: 282 457 018
www.perfect-smile.pt

SENSES... SKIN CARE CENTRE

Beauty (and skin care)
Rua 1 de Maio, N36, Lagos
Tel: 282 762 261
Mob: 913 275 869
info@senses-skincare.com
www.senses-skincare.com

SULCARE

Mobility Aids
www.sulcare.com
Tel: 289 417 243
Mob: 964 805 111

TERRA DA HARMONIA

The health shop that truly cares
Rua 25 de Abril, N°2 c/v
Praia da Luz
Tel: 282 788 353

Heating & Cooling

DOMUS HEATING ■ 10

Underfloor heating,
EN125 - Sítio Benfarras

Boliqueime
Tel: 289 322 852
Fax: 289 322 894
domusheating@mac.com
www.domus-heating.com

FIRES OF PORTUGAL

Wood burning & Gas Fires
Tel: 289 489 958
Mob: 967 721 209.

carolinassair@MAIL.telepac.pt

FOGO MONTANHA

Wood burning fires
Tel: 282 470 035
fogomontanha@mail.telepac.pt
www.fogomontanha.com

THE HEAT OF THE MOMENT

Woodburning & electric fires
Tavira
Tel: 281 326 551
Mob: 968 386 896

HOME - HEATWAFERS

Low consumption radient heating
panels
info@home.pt.com
www.heatwafer.com

JORO - PELLET FIRES

enviro-friendly heating
Almancil
Tel: 289 390 830 Fax: 289 390 839

Sintra
Tel: 219 111 833 Fax: 219 111 834
loja@joro.pt

LUNTURBO, LDA.

Wood-burners
Silves
Tel: 282 445 445
Mob: 917 234 218
lunturbo@clix.pt
www.lunturbo.novambiente.com

MISTER COOL

Heating & Cooling
Lagoa
Tel/Fax 282 381 364
Mob: 917 175 818

SACL

Heating & Cooling
Vale de Lousas
EN125 - Alcantarilha
Tel: 282 314 190/ 282 322 175
Fax: 282 314 191
rsc@MAIL.telepac.pt

Holidays,

Travel & Tours

AIRPASS

Online ticket reservations
Tel: 282 480 580 (Algarve)
Mob: 932 070 707
Tel: 218 439 510 (Lisbon airport)
Mob: 932 090 909
info@airpass.pt

ANA - Aeroportos Algarve

Fly direct to major European
Cities
Tel: 289 800 617
faraoairport@ana.pt
www.faraoairport.com.pt

LONDON MARRIOTT

Hotel
West India Quay (Canary Wharf)
London
Tel: +44 207 093 1000

VILLA SOL

Hotel
Morgadihos
Tel: 289 320 320
Fax: 289 320 431

Home

Referbishment

JOSÉ AREIAS

Civil Engineer
Overseeing Total sub-contracting
S. Brás de Alportel
Tel: 916 218 730 / 966 482 552
jareiasster@gmail.com

Interiors

ABSOLUTE ESSENTIALS
Furniture and accessories
Tel: 959 321 959
absolutefurniture@btinternet.com

ABODE FURNITURE

Interior & exterior furniture
bespoke furniture packages
Tel: 282 762 070
info@abode-group.com

ALGARVE CURTAINS

Curtains, Cushions, Bedcovers
Ferragudo
Tel: 282 493 238
Mob: 964 677 699

ANGELA MARSHALL

Curtains & soft furnishings
Lagos
Tel: 282 798 419
Mob: 916 130 236
amarshall@sapo.pt

ARRACADAÇAO DA LUZ

Art, jewellery & home accessories
Praia da Luz
Tel: 282 788 224

BEDROOMS EXTRA

Bedrooms, sofas & dining
Parque Industrial O Infante 9-10
Torre, Odaxere
Tel: 282 762 383.
sales@bedroomsextra.com

BEDSPREADS FACTORY

Soft furnishings
Lagoa & Alvor
Tel: 282 353 244 & 282 457 510
info@bedspreadsportugal.com

BLIND PRODUCTION

Curtains, blinds & Soft furnishings
Algarve / Southern Spain
Contact Wendy
Mob: 915 562 903 or
UK Tel: +44 161 626 4200

DECORADORA BELA

Furniture store
EN 125 Almádena - Lagos
Tel: 282 697 387
or Qta Caldera - Portimão
Tel: 282 427 054
decoradorebel@MAIL.telepac.pt

DTC - INTERIOR DESIGN SHOP

Design with a difference
Rua José Ventura Neto Cabrita,
Lagos.
Tel: 282 782 311
dtcinteriors@mail.telepac.pt

EURO SOLAR NRG

Solar energy
Tel: 282 313 786
barry@ensrg.com
www.ensrg.com

F & V FLOWERS AND DECORATION

High quality silk flowers
Tel: 960 387 468
flowers.deco@gmail.com

FURNITURE WORLD

Solid wood furniture at realistic
prices
Chinicato - Lagos
Tel: 282 798 263
www.furnitureworld.pt

FRONTERA

Complete High Quality Home
Furnishings
Tel: +34 959 470 971
sales@furniturefrontera.com
www.furniturefrontera.com

HOUSE2HOUSE

Quality furniture at low prices
2 Large showrooms near
Almancil

Open Mon to Fri 10am - 5pm
Tel: 289 395 197
www.house2house.pt

JARDILAR

Garden Furniture & beds
Urb. Pedra Alcada, EN125,
Lagos
Tel: 926 610 587
282 788 066
chris@soljardilar
www.soljardilar.com

LLOYD & WHYTE

Home, Motor & Health Insurance.

Make the switch, enjoy the
difference.

Call now 289 360 578.

www.lloydwhyteintl.com

KA INTERNATIONAL

Leaders in decoration in Lagos
Rua José Ventura Neto Cabrita,
Lagos
Tel: 282 782 311
www.ka-international.com

LUZ DECOR

Interior Decor
Praia da Luz, Lagos
Tel: 282 789 849
Mob: 917 771 831
patsy@oninet.pt

MILOJA FURNITURE

near Lidl Lagos
Tel: 282 780 820
miloha@groupomoviaricom

MOSQUITO CANOPIES

Natural pest solutions
Mob: 913 608 141
Tel: 282 313 063
jim@mosquitocanopies.eu

MÓVEIS MALHEIRO

Furnishings - Pires e Ribeiro,
Lda. Urb. do Malheiro, Rua das
Acáias, Lote 4 Portimão
Tel: 282 491 583
Fax 282 492 249
moveis.malheiro@mail.telepac.pt

PLANET SOFA & BEDS

Interior & exterior furniture,
Furniture package specialists
Lagos
Tel: 282 762 070
info@planetsofa-algarve.com
www.planetsofa-algarve.com

STYLE FURNISHINGS

English beds in the Algarve
Vale de Lousas
Alcantarilha
info@stylefurnishings.com
www.stylefurnishings.com

ELITE KITCHENS

Kitchens.
Tel: 282 353 664
iberelite@sapo.pt

IBERIA BATHROOMS

Bathroom refurbishment specialists
Tel: 282 695 675
Mob: 966 841 603
info@iberiabathrooms.com
www.iberiabathrooms.com

LUXURIOS BATHROOMS

Albufeira - Silves - Lagos -
Carvoeiro
Tel: 966 521 828
luxuriousbathrooms@sapo.pt

VIDAS VERDE

Quarteira
Tel: 289 302 798
Fax: 289 302 798
vidasverde@sapo.pt

Legal & Insurance

ANA DUARTE

Lawyer in Lagos
Tel: 282 792 766
anaduarteadv@hotmail.com

AXA PPP HEALTHCARE

Healthcare cover
UK Tel: +44 (0) 1892 708 156
www.axapphealthcare.co.uk

BLEVINSFRANKS

Unique solutions for your tax
and private wealth
Freephone: 800 813 303
pensions@blevinsfranks.com
www.blevinsfranksinternational.com

EURO FINESCO

Fiscal & Expatriate Service
Guia
Tel: 289 561 333
info@eurofinesco.com
www.eurofinesco.com

HLB GIBRO GROUP

Fiscal Representation for non
residents
Loulé
Tel: 289 463 271
email: info@gbconsultores.com
www.gibro.com

INTASURE

Property Insurance
Tel: 707 500 025

KAZA SEGUROS

Insurance Solutions to
accommodate your needs
Tel: 282 761 612/3/5
Mob: 919 694 025
kazaseguros@mail.telepac.pt

LLOYD & WHYTE

Home, Motor & Health Insurance.
Make the switch, enjoy the
difference.

Call now 289 360 578.

www.lloydwhyteintl.com

PATRICIA DIAS

Law Office in Lagos
Tel: 282 763 833 / 282 763 847

PREMIER MORTGAGES

Almancil
Tel: 289 358 512

Mob: 919 553 533
philippa.rowat@premfx.com

PROFESSIONAL INVESTMENT CONSULTANTS

Independent Indurance Profes-

sions
Carvoeiro</

MESTRE RAPOSA
Windows & doors
Quatro estradas
Tel: 289 355 420
Fax: 289 355 422
www.mestreraposa.com

PURE POOLS
Pools & Equipment
Lagos
Tel: 282 760 033
Mob: 919 517 868
purepools@yahoo.com
www.purepools.com

POOLSAFE.EU
Pool security Covers Fences
Nets
Estrada Gale, Guia
8200-428 Albufeira
Tel: 289 591 662
Fax: 289 591 665

Property Agents

ABODE
Carvoeiro
Tel: 282 356 865
leohbraun@hotmail.com
www.aboda-pt.com

ALGARVE EASY PROPERTY
Best mortgages & property agent
Rua Vasco da Gama, Lagos
Tel: 282 769 150
Mob: 913 500 826
www.algarveeasyproperty.com

ALGARVE IDYLLIC
Almancil
Tel: 289 359 150
enquiries@algarve-idyllic.com
www.algarve-idyllic.com

ALGARVE PROPERTY CENTRAL
Vilamoura
Tel: 289 310 310
sales@algarve.property.com
www.algarveproperty.com

CALICO PARK ALGARVE PORTUGAL
Timber Homes & Park
Tel: 281 951 360
transcampo@mail.telepac.pt
www.calico-park.com

ELLY VAN HULST
Real Estate
Between Loulé and S. Brás
www.property-runner.com
Tel: 289 842 992

ESTE ALGARVE
Real Estate
Cevadeiras, Vila Nova de Cacela, 8900 900. Real de S^{ta} António.
Tel: 281 951 165
or Centro Comer., Av. 28 de Maio (Marginal) - 8800 Távira.
Tel: 281 370 277
belosantospedras@hotmail.com
www.esteaigarve.com

GARVETUR IMOB - PROP
Vilamoura
Tel: 289 322 488
vendas@garvetur.pt
www.garvetur.pt

GMAC
Real Estate
Albufeira
Tel: 289 010 178
Fax: 289 585 897
www.gmacimobiliaria.pt/
albufeira

KASAS
Algarve Property
Vilamoura
sales@algarveproperty.com
www.algarveproperty.com

KERN REAL ESTATE
Edifício Vistamar
Burgau
Tel: 282 695 746
info@kern.pt
www.kern.pt

LAND & HOUSES
Yellow Homes
Real Estate
Rua Dr. José Pires Padinha 178,
Távira.
Tel: 281 320 281.
www.landandhousesalgarve.com

MARCELINO & ASS.
Portimão
Tel: 965 027 371
vasco-inacio@hotmail.com

NEWLYN
Property developers
Tel: 289 320 180
www.opomar.net

REMAX
Carla Gomes
Tel: 961 518 152
www.acrossthealgarve.com

REMAX FLASH
Real Estate
Alcantarilha
Tel: 282 310 700
Mob: 968 484 298.
Fax: 282 310 709
flash@remax.pt

REMAX LAGOS
Real Estate
João Nunes
Rua Garrett 19, Lagos
Tel: 282 780 582
Mob: 917 771 849
email joao.s.nunes@clix.pt

REMAX LAGOS
Real Estate
Lurdes Martins
Mobile: 967 449 203
email mgmartins@remax.pt

REMAX VILAMOURA
Real Estate
Soraia Santos
Vilamoura
Mob: 962 014 793
email ssantos@remax.pt
www.remax.pt/ssantos

SILVER HOLIDAYS
Real Estate
Casa Italiana, loja 5,
Vilamoura
info@silverholidays.com
www.silverholidays.com

TO GO FOR HOMES
Algarve Prop Specialists
Alvor
Tel: 282 432 004
Mob: 917 472 273
www.togofor-homes.com

VENDAVILLA - VILAMOURA
Real Estate
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

Property Services

AQUASOM
Underwater sound solutions
Faro
Mob: 913 729 660
Fax: 289 800 098
aquasom@aquasom.com

CASA DAS JANELAS
Windows, doors etc.
Tel: 289 085 099
geral@lojadasjanelas.com

GFS METALWORK
Gates, grills etc.
Tel: 282 449 270
Mob: 933 402 261 / 933 555 387
www.gfs-metalworks.com
info@gfs-metalworks.com

GIANTS WINDOWS
Windows, doors, etc
Tel: 911 199 888.

LIVINGSTON'S PAINTING
For all your painting needs
Algarve only
Tel: 917 511 550

M2M BLINDS ■10
Window blinds & Fly screens
Tel: 286 518 059
Mob: 932 894 709
email: m2mblinds@hotmail.com

MESTRE CONSTRUTIVO
Construction
Tel: 289 422 525
Mob: 938 669 215
Fax 289 422 268.
www.mestre-construtivo.com
info@mestre-construtivo.com

PROFILIMO
Drain cleaning specialists
Tel: 914 145 117

STONE CARE SERVICES
Natural Stone, refurbishment & maintenance
Tel: 282 991 045
Mob: 919 498 258
email: timstmp@yahoo.co.uk

THE WORKSHOP
Carpentry, building & renovations
Tel: 289 396 909
Mob: 966 001 922

THE DRAIN KING
Personal & professional service
Tel: 282 471 335
Mob: 918 647 305
drainking@aol.com

TOFTS
Decorating & Painting
Mob: 918 938 004
Tel: 289 399 370

TOTAL DRAIN SERVICES
Tel: 936 317 096
sales@totalservices.int

Removals

AIM
Removals & Storage
Tel: 282 799 141.
info@aim.com.pt

ALGARVE REMOVALS
Removals & Storage
Tel UK: +44 (0) 1245 468 888
Mobile UK: +44 (0) 7711 179842
or Tel: 289 131 851
Mobile: 969 134 801
sales@algarveremovals.com
www.algarveremovals.com

EMPRESA DE TRANSPORTS GALAMAS
Carcavelos
Tel: 214 443 021
luisa.ferreira@galamas.pt

NEW CONCEPT INTERNATIONAL
Removals & Storage
Tel: 289 395 105
Mob: 968 031 955
(+44) 845 004 6827

NEIL & EMILY RICHARDSON
Tavira
Mob: 939 486 870
Tel: 281 963 191
email: neilandemil@saop.pt

PPS TRANSPORTS
Removals & Deliveries Services
UK, Spain, France & Holland
Tel: 0044 142 781 0694
UK mobile 077 919 0957
www.ppstransport.com

SA REMOVALS
All Europe
Tel: +351 965 653 025 (Mr. Curado)
mudatudo@iol.pt
www.removalstoportugal.com

STORAGE
U-Store Self Storage
Urb. Ind. Maraleca, lote 26
Chinchão, Lagos
Tel/Fax: 282 798 490
Mob: 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

125 REMOVALS

Transport & storage
Sítio da Mesquita, Edifício 1,
Mexilhoeira Grande, Portimão
Tel: 282 968 722
www.soskydigital.com
soskydigital@msn.com

Restaurants

FAJA LOBI
International & Surinam Cuisine
Open daily 5pm - 10pm
Lunches by reservation
Urb. da Dourada, Lote 1, Alvor
Tel: 282 414 133
Mob: 918 838 484

FOOD PASSION
International Cuisine
Open: from 6.30pm
Mon-Thurs, Sat & Sun
Above Caixa, Geral Bank,
by the taxi rank in Alvor
Tel: 282 314 276 / 912 159

ISLAND CAFE
American cuisine
Presé da Moura, Sesmarias
Tel: 282 353 406

O BEIRAL
Freshly prepared International
Cuisine
Rua Dr. G Tello
Barão de São João
Tel: 282 688 004
Mob: 912 299 672

RESTAURANTE FLORESTAL
Cosmopolitan menu
Open:Tues-Sat, 12.00-2.30pm
& 7.00-10.00pm
Sun. Special Brunch 12-3pm
Barão da S. João, Nr. Luz
Tel: 282 687 204

SEATTLE STYLE
American bar & chowder house
Alvor harbour
Tel: 282 457 940

SHANGHAI RESTAURANT
Delicious dishes from Shanghai,
China
Rua da Comércio, 94 R/C,
Almancil
Tel: 289 397 642
Mob: 969 325 485

THE CORNISH RANGE -
O Sabor da Cornualha
The taste of Cornwall in the
Algarve
Rua Principal, 15, Burgau
Tel: Office 283 958 192
Shop 282 098 268
Mob: 933 831 358

THE BATTERING PLACE
Fish and chip shop
Almancil
Tel: 963 731 736
juliewhite@hotmail.com

VILA PALMEIRA
Bistro & Bar + Restaurant
Vivendo
Tel: 282 770 902
vila_palmeira@iol.pt
www.vilapalmeira.com

ALGARVE BOOK CELLAR
Carvoeiro
Tel: 282 085 713
raymond.compton@netvisao.pt

ALGARVE HOT TUBS
Quatro estradas
Tel: 289 397 321
Mob: 969 806 418
sales@algarvehottubs.com

BELLA SAPATOS
Shoes for kids & mums
Lagos
Tel: 282 761 155
Mob: 968 288 258
bella8@sapo.pt

BOOKLOVERS CHOICE
English books & exchange
service
Rua Vila Lobos, R/C
Manta Rota
Tel: 281 951 411
davie12@hotmail.co.uk

CENTRO COMERCIAL PORTIMÃO
Continente + 60 shops + 6
Cinemas + 12 Restaurants
Portimão
Tel: 282 490 840
admin:_ccp@SierraCentres.net

COLLECTIONS ■15
Ladies fashion
Quinta da Praia - Alvor
Tel: 282 476 574
email:greening@sapo.pt

GUYS & DOLLS ■20
Childrens Shoes & clothes
Greeting cards
Av. 5 de Outubro, Blc. 4, R/C
Esg. Almancil.
Tel: 289 358 014
Mob:933 326 471

HOUSE OF GLASS
Glass by design
Quatro Estradas
Tel/Fax: 289 389 157
info@houseofglass.eu

LET THE MAGIC IN
British supermarket in Algoz
Tel: 282 575 061
weborder@letthemagicin.com

FI-LINE FASHIONS ■10
Fashions
Av do Rio, Ed. Almadraba,
Loja B, Armácia do Pêra
Tel: 282 312 936

GARDEUR DIRECT
Clothing
Praia da Luz
Tel: 282 788 630
www.gardeurdirect.com

MAGNA CARTA
Book shop
Alvor
Tel: 282 496 001
info@magnacartabookshop.com

M+J'S SUPERMARKET
British supermarket
Albufeira
Mob: 936 563 472
Tel: 289 592 318

ROCCO
Natural stone, construction,
refurbishment & interiors
Tel: 282 764 035
rococostone@msn.com

THE ENGLISH BUTCHER
Butcher
Almancil
Tel: 289 395 859 / 289 397 289
Mobile: 965 864 682

THOMAS GREEN
British Supermarket
Lagos
Tel: 282 799 023
email: lagos@thomasgreen.pt

THOMAS GREEN
British Supermarket
Olhos de Água, Albufeira
Tel: 289 541 119
email:
albufeira@thomasgreen.pt
www.thomasgreen.pt

YE OLDE ENGLISH MINIMARKET
British Supermarket
Albufeira
960 216 524

ZONDA THE BBQ SHOP
EN125, close to the old Quatro
Estradas junction
289 356 233.
www.zonda-thebbqshop.com

TIFFANY'S HORSE RIDING
Riding, lessons, training, livery
etc.
Almádena - Lagos
Tel: 282 697 395
www.teamtiffanys.com

VALE DE MILHO GOLF
Carvoeiro
Tel: 282 358 502
valedemilhogolf@mail.telepac.pt
www.valedemilhogolf.com

Satellite systems

MARC ELECTRÓNICA
Satellite, TV, Audio & Video
Sítio do Poco Seco, Arm 5
(behind the gas station)
Portimão or
Avenida Engenheiro Duarte, Nr.
51
(next to shoeworld) Almancil
282 410 400
info@TV2029.com
www.TV2029.com

MAS SATELLITE SYSTEMS
Satellite and television
Mobile 916 131 606
www.mas-satellite.tv
marksmith@mas-satellite.tv
mas.sats@hotmail.com

SOS DIGITAL
satellite TV systems
Tel: 916 378 722
www.soskydigital.com
soskydigital@msn.com

SKYNET
Satellite systems
Tel: 964 890 260
skynet@live.com.pt

SKY REALM ■10
Satellite systems
Tel: 918 887 775.
skyrealm@hotmail.co.uk

Technology & Communications

AA PC SURGERY ■15
Personally Tailored Laptops and
PC's created for your needs -
Everything in English
Tel: 707 940 332
kurt@worldtelecom.pt
sales@worldtelecom.pt

ALGARVE LAPTOPS
English laptops / PCs & support
Repairs, upgrades & support.
Tel: 282 312 044
www.algarvelaptops.com

DIRECTORY ENQUIRIES
In National & International
Tel: 760 50 60 70

WORLD TELECOM

Easier Communications
Everything in English
Tel: 707 500 600
sales@worldtelecom.pt
worldtelecom.pt

Misc

ACTION COMPLETE PEST CONTROL ■10
Moncarapacho
Tel: 289 793 644
Mob: 968 484 383
actioncompletepestcontrol@iol.pt

BUGBUSTER
Pest control & artificial grass
Mobile 967 516 981
www.artigrass.eu

PEST DEFENCE
mosquito canopies, bug
zappers, insect repellents, cat &
dog scarers, fly & wasp traps etc
Vale de Lousas
EN125 (near Aqualand)
Tel: 282 313 063
www.mosquitocanopies.eu

PUXAR LUSTRO
Specialist valeting & vehicle
accessories
Tel: 933 286 525
phil.egginton@gmail.com
www.puxarlustro.com

SIMPLY SCREENS
Mosquito screen with style
Tel: 282 798 080
info@simply-screens.com
www.simply-screens.com

FOR FULL DETAILS, PLEASE SEE OUR MAIN ADVERT

Reader Privilege Voucher

This voucher cannot be
combined with any other offer
and only one voucher may be
used for each purchase
THE PORTUGAL News
10%
discount on designated
products or services

Reader Privilege Voucher
This voucher cannot be
combined with any other offer
and only one voucher may be
used for each purchase
THE PORTUGAL News
15%
discount on designated
products or services

Reader Privilege Voucher
This voucher cannot be
combined with any other offer
and only one voucher may be
used for each purchase
THE PORTUGAL News
20%
discount on designated
products or services

How to use Reader Privilege Vouchers
Our advertisers value your business and would like to offer you special discounts as a reader of **The Portugal News**.
Each voucher has a colour code. Please check in the Advertiser Hotline listings to see the same colour code(s) shown as a small colour block next to the advertiser's name.
The colour of the block indicates the percentage discount the advertiser will accept for designated products or services which they provide. If in doubt, please confirm the acceptability of the voucher by phoning the outlet.

BowlsAlgarve

One to One Saturday League

Nearly half way in this season and several teams remain in contention for the coveted league title. The morning was cold and damp, but all matches were completed. Table toppling ABC Cats went to PDF and were defeated by the Sinners 50-45 and five points to two. A relief for the hard pressed Sinners who recorded their first victory this season. PDF Crusaders were also at home and made it a PDF double with a 64-31 win over the Tavira Titans, again by five points to two. Over at Alvor, the Gladiators clashed with the Harlequins and continued their excellent season with a 60-44 win and another five points to

two points haul. Wanderers had already convincingly beaten the Greens in a match played earlier by 53-41 and seven points to nil, whilst the Tavira Tigers were resting this week.

As a result of these games, Cats lead has been cut to two points. They have 33, the Gladiators are getting closer with 31 and the Wanderers have 30 points. Crusaders improve to 28 whilst Tavira Tigers and Titans both have 25. Harlequins are on 24, Greens on 20 and the Sinners have picked up and closed the gap, now having 12 points. Next week is the final round of games before the Christmas break.

Eurocooling Thursday League

Round five took place at Isla Canela where the ABC Braves took on Tavira, who swept all six points with a 47-30 win. Alvor Aces had another good win, defeating the Seagulls 53-26 and six nil on points. ABC Chieftains also took maximum points, beating the Canela Storks 44-22. PDF Panthers had only one triple against the Alvor Diamonds. The Diamonds won 16-13, however collected a further ten shots and two further points for the unfulfilled game.

The league table has the Chieftains and the Diamonds

out in front, both on 27 points, although Tavira are in hot pursuit on 23. Panthers have 21, including points and shots awarded for a walkover over the Canela Storks who were unable to play on 13th November at ABC. Alvor Aces are on 20 points and the ABC Braves have 18 (also includes points and shots for walkover against the Canela Seagulls on 13th November). Seagulls now have two points whilst Storks have the one. The final round of matches before the break is at Alvor next Thursday.

Alan Clarke, League Director

Muddy Cogs Bike Ride

Every Saturday at 12.45pm at Bikeland on the 125 (1km west of Quatro Estradas roundabout, west of Almancil). Depart at 1pm prompt.

Weekly tours vary from 10km to 25km.

€5 per person/week (pay as you go, no joining fee).

Bike hire available.

Contact Paul Beesley to book and additional info including rules on 913 226 954 or paul.beesley@sapo.pt

FREE PICKUPS from Carvoeiro & Ferragudo
call 282 358 502 to book

Vale de Milho Golf

*Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!*



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout its 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION

November to March - after 3pm

April to September - after 4:30pm

October - after 4pm

GREEN FEES

9 Holes Green Fee €24,00

18 Holes Green Fee Junior €16,50

18 Holes Green Fee €37,00

18 Holes Green Fee Junior €25,50

SEASON TICKETS

7 Rounds - 30% Discount

5 Rounds - 20% Discount

TO FIND US FOLLOW THE SIGNS FROM LAGOA OR CARVOEIRO
GPS Location: N37.09663° W8.44837°
Tel. 282 358 502 - Fax 282 358 497
Telm. 919 816 560

E-mails: valedemilhogolf@mail.telepac.pt
Web site: valedemilhogolf.com

15% DISCOUNT ON GREENFEES WITH THIS VOUCHER

Open morning for lapsed horse riders

Did you used to enjoy horse riding but, for one reason or another, have not been back in the saddle for some time? Perhaps now you have more time and would welcome the opportunity of taking up the reins again and developing your riding skills further.

Pinetrees Riding Centre, Almancil (on the road between Quinta do Lago and Vale do Lobo) is holding a coffee morning for just such lapsed riders Tuesday 9 December at 10.30. Why not come along and meet our horses and our team. Learn a

little about what we have to offer and even do a little riding, both in the arena and in the woods, to see if, indeed, you would like to ride again more regularly.

Pinetrees has a variety of interesting horses to suit all levels of riders, including two pure



WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday 16th December at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril.

We appreciate your punctuality.

In this Festive month we will celebrate our amazing memories by holding a light-hearted, general knowledge, Team QUIZ. Tea, sandwiches and cakes will be served.

Everyone is most welcome.

Entrance: €1

Please phone 214 688 694 for more information.

East Algarve Walks

Every Tuesday and Friday mornings.

For more information. Call 913 595 868.

brian@moonlightservices.eu • www.moonlightservices.eu

Lets Walk from Bensafrim

Wednesday December 10

An fairly easy 2.5 hour walk through unspoilt valleys - we have to ford the river twice so be prepared if there has been recent rain!

10.30 start - meet at the cafe by the mercado in Bensafrim. Drive west to the end of the A22 and take the first exit, at the lights in the centre of Bensafrim turn left - this is the market with (mid way between Silves and Algoz)



There is no need to book, all walks are €5 which includes a donation to charity.

Walk organiser and leader: Julie Statham 965 753 033

In Algarve, count on us to do your advertising in radio, press and company gifts

Inácio Alves
Editor • Marketing • Publicidade & Serviços

Have always offers, to give "away" to your clients!

0,28 x 1000
0,30 x 1000
0,36 x 1000
0,30 x 1000

Playing cards
4 colours

2,40 €
x 200

Key ring

1,50€ 1,55€
x 100 x 100 0,20 €
0,20 € x 500

Polo
White colour

10 €
x 50

your logo
3,70 €
x 25

your logo is printed
on 1 panel 1 colour

A melhor opção
La mejor opción

Sales Conditions: 50% with the order + 50% layout approval.
Add postage and 20% VAT. Offer subject to stock.

www.amelhoropcao.com / www.inalves.com

Contact: 289 72 10 50 - 968 63 94 68 / inalves@mail.telepac.pt • OLHÃO

you can be safer and more comfortable.

The cost will be €25 - including half an hour ride and all equipment. Anyone interested should contact Bev Gibbons on 289 394 369.

Riverside Church Porto

Start the Christmas early and come and join Riverside Church Porto on Sunday 14th December for an **Evening Christmas Carol Service** starting at 6.30pm. Come and join us with a mixture of traditional and modern songs, readings along with everything that reminds you of Christmas, followed by a meal that everyone is invited to. As well as this we would like to make sure the children are not left out so from 4:00-5:00 we are holding a **Christmas party for the children**, so come bring your children and then stay on for the **Christmas Service**. Meeting at Avenida Sacadura Cabral 1642, Aguda you can find us easily by looking on the web site www.riversideporto.com or by email contact@riversideporto.com or simply by phoning on 914949611. If you are planning to bring children to the party please let us know in advance so they don't miss out on anything.



Pestana
GOLF & RESORTS
ALGARVE

Gramacho Vale da Pinta Silves Golf Alto Golf

Special Membership 2009
Play all 4 courses

Unlimited Golf	Pay & Play
€ 3600 Couple Membership	€ 500 € 27 in Low Season
€ 2000 Single Membership	€ 40 in High Season

Become a Member now for 2009 and play for free until the 31st of December 2008

Contacts: Tel. 282 340 900 - info@pestanagolf.com
www.pestanagolf.com

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

EXHIBITIONS



Painting by Maureen Anderson

CHANGING THE SCENE AT THE MUSEUM GALLERY

AMIGOS DO MUSEU DO TRAJO, S.BRÁS DE ALPORTEL. **December 13** - 18h30 a new Art Exhibition will open, entitled, 'UNEXPECTED REALITY' - Four artists will be exhibiting their work for the first time at the museum in this cosy, characteristic gallery.

Annie Daenens, a Belgian artist will show her latest series of emotional, free-flowing equine portraits in oils as well as drawings.

Maureen Anderson, from Scotland, will demonstrate her love for fine detail and flexibility in her land/seascapes, oils on canvas.

Jerry Stivers and Gordon Railton, both long-time experienced photographers, will be showing a cross section of their work.

The opening will be accompanied by music performed by Annie's husband, Bert de Coninck and friends.

Meet the artists and admire the work on show together with a good glass of wine and canapés.

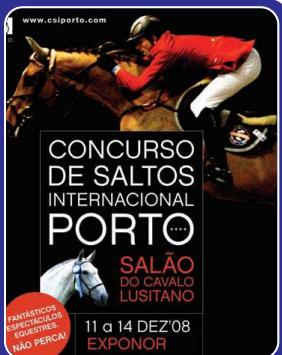
Until December 31 - Exhibition on the life and work of Fernando Pessoa 'Os Caminhos de Pessoa' - Convento Espírito Santo Art Gallery in Loulé - T. 289 400 600

Until December 11 - Exhibition 'Inward' by Cristina Ataide - An artist who is intimately concerned with the natural surroundings. She is a restless and attentive observer, and takes note of its fragility and destruction - The exhibition consists of vigorous charcoal and water colours on paper and sculptures in different materials - Centro Cultural São Lourenço in Almancil - Open daily from 10h00 to 19h00 - T. 289 395 475 - www.centroculturalsololourenco.com

Until December 12 - Painting Exhibition 'As Líricas' by Pé-Leve at Galeria Brilho & Centelha - Rua Costa Pinto in Paço de Arcos (near Lisbon).

December 13 to February 19 - Collective Exhibition at Centro Cultural São Lourenço in Almancil Works by artists like David de Almeida, José Alves, Manuel Baptista, Carlos Barão, Jean-Marie Boomputte, Saskia Bremer, Teresa Calem, Rafael Canales, Philippe Claisse, João Cutileiro, Karsten Fuge, Gervásio, José de Guimarães, Helge Leiberg, Juan Martínez, Shintaro Nakaoaka,

December 11 to 14 - 5ª Edição do Concurso de Saltos International do Porto (5th International Show Jumping Event in Oporto) - The biggest equestrian indoor show in Portugal - Exponor, Matosinhos - There will be a restaurant area with regional produce, a shopping area with equestrian and regional products, stands from some of the sponsors of this event and lots of entertainment, such as dance and fado shows - Info: T. 213 553 039 - dvelez@grupogci.net



CONCURSO DE SALTOS INTERNACIONAL PORTO SALÃO DO CAVALO LUSITANO

11 a 14 DEZ'08 EXPO NOR

FANTASTICOS ESPERATÓRIOS EQUESTRES NÃO PERCAI

December 6 & 7 - Play 'Save the Dormouse! Salva o ouranaz!' by Aperitivo Performance Group presented in simultaneous Portuguese, English, German and Dutch - 8h & 4h - Museum São Brás - Tickets: €7; €5 for members (free for children) - If you would like to reserve a table in the theatre and the Mad Hatter's Dish of the Day, call 966 329 073

December 6, 12 & 13 - 'Festival One Man Band' by the legendary Tiger Man, Becky Lee, Bob Log III, Son of Dave, Slimmy and Dj Ride in concert at 23h00 at Centro Cultural Vila Flor - 21h00 - Tickets: €5/concert - Av. D. Afonso Henriques, 701 - T. 253 424 700 - www.ccvf.pt

December 7 - Christmass Festivities for all ages org. by Clubes Rotários do Algarve - Portimão Museum starting time: 11h (13h lunch at Monte das Alagoas Restaurant, between Portimão & Alvor) - Reservations & info: Bernd Schluender on 966 584 328.



December 20 - The Companhia de Dança do Algarve presents the Show 'ESTRANHA FORMA DE VIDA' (Strange way of life' - 21h30 at Teatro das Figuras in FARO - Interpretation: Companhia de Dança do Algarve - Choreography: E. Belaiva, C. Cantinho, S. Castro, G. Ferreira

Susan Norrie, Igor Oleinikov, A.R.Penck, Alfredo Garcia Revuelta, Nuno Santiago, Georg Scheele, Soren, Antoni Tàpies and Glyn Uzzell.

Until December 17 - Painting Exhibition by Nuno Santiago - Vale do Lobo Art Gallery at Vale do Lobo Shopping - 289 353 327 - Painting shown right is Acrylic on Chinese paper on canvas 134 x 130 - 2008.

Until December 30 - Painting Exhibition 'Celebrating the World' by Brigitte Von Humboldt - Centro Cultural de Lagos - Lagos Cultural Centre - T. 282 770 450 - centrocultural@cm-lagos.pt

Until December 30 - Painting Exhibition by António DaCosta (1914-1990) Works from Manuel de Brito collection - TREM Galeria Municipal de Arte - Rua do Trem in Faro - T. 289 804 197

Until January 5 - Exhibition 'Islamic Art' - Casa da Cultura Islâmica e Mediterrânea de Silves - www.cm-silves.pt

Until January 8 - XXII Salão do Outono do Estoril - 22nd Estoril Autumn Salon - Paintings and sculptors by renowned 40 artists - Art Gallery of Casino Estoril on Praça José Teodoro dos Santos - Open daily from 15h00 to 24h00 - T. 214 667 700

FAIRS
December 6 & 7 - FERRAGUDO CHRISTMAS FAIR in Ferragudo from 10h to 19h - Arts & Crafts and Baagão (firewater)

December 8 - Christmas Mini Bazaar at **PlayOasis** from 10h00 to 12h30 - Clothes, Toys, Clothes, Jo's Wine & Tangerines, Wendy's Cheeses (stilton), Jams, Chutneys, Christmas puddings, Mulled wine and much more - Also face painting with Mandy! - Stall holders set up 9.00 (bookings only) - Teresa on 282 461122 or 91 5044054

WINE AND ART

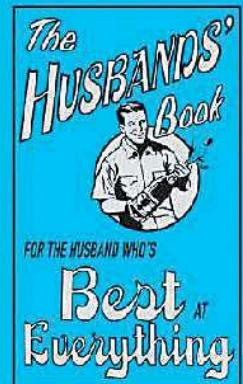
Quinta dos Vales - Sculpture Garden and a lot more where you find quality of wine and art - Open for visitors and art - Art sales on Monday, Wednesdays and Saturdays from 14h00 to 18h00 or by appointment - All information on www.quintadosvales.eu

BOOK REVIEW

Husbands Book: For The Husband Who's Best At Everything by Jim Maloney

Marriage is one of the oldest and most respected of all our traditions. "The Husbands' Book" is a light-hearted celebration of the role of beloved husbands. From their penchant for DIY - however ill-advised - and knowledge of all things to do with cars and sport, to their mysterious inability to work washing machines and ironing boards, husbands are indispensable to the household. "The Husbands' Book" promises to give them even more reason to wear their wedding ring with pride, including: imaginative ideas for celebrating wedding anniversaries - and how to avert disaster if you forget; tips and tales for every stage of *husband hood* - from nervous bridegroom to senior spouse; practical advice on keeping your household running smoothly - basic DIY and beyond; top-ten tips for keeping in your wife's good books; and, heart-warming and amusing stories from real-life husbands. A wonderful gift for all married men, "The Husbands' Book" is a delightfully informative and entertaining addition to any household.

Available from Magna Carta Bookshop. Also available **Wives Book: For The Wife Who's Best At Everything** Price: 14€ (10% off if you quote The Portugal News)



Tel / Fax: 282 496 001
E-mail: info@magnacarta.com

Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor

NATIVITY SCENES EXHIBITION

Until Janeiro 6 -

Sculptor Exhibition 'Presépios - Uma a borda e em lusofonia...' (Nativity Scenes - A Luso-approach) - Portuguese sculptors joined together with artists from Portuguese speaking countries in a collective exhibition at 'A Arte da Terra', in Lisbon, on Rua Augusto Rosa, nº 40 (next to the Church), From Tue to Sun, from 11h to 20h - T. 212 745 975 - e-mail: arte@net.sapo.pt - www.aartedaterra.pt



CONCERTS, BALLET CLASSIC & CONTEMPORARY, SHOWS, FESTIVALS, THEATRE, PARTIES

December 7 - JJJohns Country & Western Church-Dance at the restaurante Ponte Romana in Silves from 14h00 to 18h00 - Including 3 course meal plus wine and coffee €14.5 all-in - On stage Country singer JJJohns - Special guest Suzanna Wilson - Reservations 282 442 621 / 914 900 031 - jjjohns@netvisao.pt



Jazz Com Todos - Associação Músicas No Sul / Orquestra de Jazz de Lagos / Actus / Info: jazzcomtodos@gmail.com T. 913469025 Fax. 309919022

Programme: ****December 9** - 21h30, Biblioteca Municipal de Lagos, Hugo Alves



Sons e Palavras ** December 20 - Centro Cultural de Lagos, Orquestra de Jazz de Lagos, dir. Hugo Alves ** December 26 - Vale do Lobo, Hotel Dona Filipa, Hugo Alves 4tet

December 15 to 21 - The 'I Semana Gastronómica dos Comeres de Azeite' (1st Gastronomic Olive Oil Week) will take place on 13 restaurants in Ferreira do Alentejo - Visitors will receive cheese, wine and other appetising 'entertainment', and hot dishes, tastes from the 'quinta' and of course, a lot of olive oil - There is a promise in the air that your love for good food will be worth the trip!



December 11 to 14 - Disney Live! presents 'The Magic of Mickey' for the 1st time on stage by the producers of Disney on Ice - Rosa Mota Pavilion in Oporto - Tickets: €20, €24, €28 - Times: 11h at 19h; 12th at 18h & 21h; 13th & 14th at 11h, 15h and 18h - To buy tickets, please see information below.

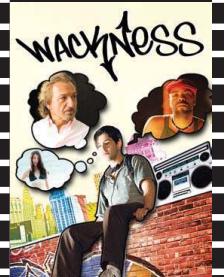
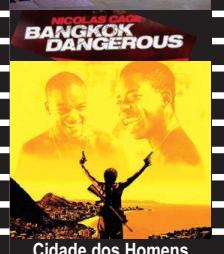
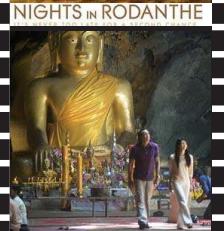
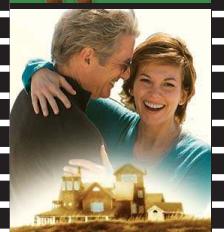
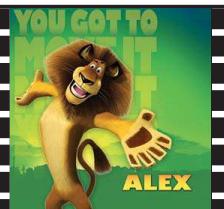


December 6 & 7 - Concert by MoJazz trio with João Galante (piano) David Gaudsen (contrabass) and Zé Soares (drums) - 22h00 - Price: €3 - Casa da Juventude do Olhão (Youth House in Olhão) - www.olhao.web.pt



December 20 - The Tavira Fund Raisers last event for 2008 will be a dinner dance at the restaurant at Pedras del Rei, Santa Luzia, Tavira, 7 for 7,30pm. Tickets cost 25 euros and can be booked by ringing Pat on 281 323 493. All proceeds will go to the canil São Francisco at Loulé to help support the abandoned and neglected animals that are cared for there.





ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212

4 DEC-10 DEC

1 Four Christmases

Reese Witherspoon, Vince Vaughn
13.10-15.10-17.20-19.30 (00.05 Fri & Sat)

2

007: Quantum of Solace

Daniel Craig, Olga Kurylenko
14.10-17.10-19.35-22.00 (00.05 Fri & Sat)

3

Body of Lies

Leonardo DiCaprio, Russell Crowe
13.05-15.50-18.40-21.30 (00.05 Fri & Sat)

4

Gomorra

Toni Servillo, Gianfelice Imparato
21.00 (00.00 Fri & Sat)

5

Blindness

Julianne Moore, Mark Ruffalo
18.20 (00.00 Fri & Sat)

6

Madagascar: Escape 2 Africa

Animation PV: 13.10 OV: 15.20

7

Amália, o Filme

Sandra Barata Belo, Carla Chambel
21.40-15.30-18.20-21.10 (00.00 Fri & Sat)

8

Madagascar: Escape 2 Africa

Animation PV: 15.20-19.40
OV: 13.10-17.30-21.50

9

Twilight

Kristen Stewart, Robert Pattinson
14.00-16.40-19.20-22.10 (00.00 Fri & Sat)

10

Bangkok Dangerous

Nicolas Cage, James With
15.10-20.00-22.20 (00.00 Fri & Sat)

11

High School Musical 3

Zac Efron, Vanessa Hudgens
12.45

12

Nights in Rodanthe

Richard Gere, Diane Lane
12.00-14.20-16.40-19.00-21.20

LUSOMUNDO
VILAMOURA
TEL: 289 302 277

4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV

15.30-18.30-21.30

CASTELLO LOPES CINEMAS
ALGARVE SHOPPING
TEL: 707 220 220

4 DEC-10 DEC

1 Madagascar: Escape

2 Africa

Animation PV
13.05-15.15-17.25-19.35-21.45
(23.55 Fri & Sat)

2 Madagascar: Escape

2 Africa

Animation PV
13.05-15.15-17.25-19.35-21.45
(23.55 Fri & Sat)

3 Bangkok Dangerous

Nicolas Cage, James With
13.40-16.30-19.00-21.20 (23.50 Fri & Sat)

4 007: Quantum of Solace

Daniel Craig, Olga Kurylenko
13.30-16.10-18.50-21.15 (23.45 Fri & Sat)

5 Body of Lies

Leonardo DiCaprio, Russell Crowe
13.00-15.40-18.20-21.00 (23.40 Fri & Sat)

6

Four Christmases

Reese Witherspoon, Vince Vaughn
13.15-15.10-17.15-19.20-21.50
(00.20 Fri & Sat)

7

Amália, o Filme

Sandra Barata Belo, Carla Chambel
13.10-15.50-18.30-21.25 (00.05 Fri & Sat)

8

Twilight

Kristen Stewart, Robert Pattinson
13.20-16.00-18.40-21.30 (00.10 Fri & Sat)

9

Nights in Rodanthe

Richard Gere, Diane Lane
13.25-16.20-18.45-21.10 (23.30 Fri & Sat)

CASTELLO LOPES CINEMAS
PORТИMÃO
TEL: 707 220 220

4 DEC-10 DEC

1 Madagascar: Escape
2 Africa

Animation PV
13.40-15.40-17.45-19.50-21.50
(23.50 Fri to Sun & Wed)

2 Madagascar: Escape
2 Africa

Animation PV

13.40-15.40-17.45-19.50
007: Quantum of Solace

Daniel Craig, Olga Kurylenko

22.00 (00.00 Fri to Sun & Wed)

3 Righteous Kill

Robert DeNiro, Al Pacino
13.50-16.20-19.00-21.20 (00.20 Fri to Sun & Wed)

4 Body of Lies

Leonardo DiCaprio, Russell Crowe
13.30-16.00-18.40-21.10 (23.50 Fri to Sun & Wed)

5 Amália, o Filme

Sandra Barata Belo, Carla Chambel
13.30-16.05-18.50-21.40 (00.15 Fri to Sun & Wed)

6 Twilight

Kristen Stewart, Robert Pattinson
13.40-16.10-18.55-21.30 (00.05 Fri to Sun & Wed)

7 Madagascar: Escape
2 Africa

Animation PV
13.40-15.40-17.45-19.50-21.50
(23.50 Fri to Sun & Wed)

8 Madagascar: Escape
2 Africa

Animation PV

13.40-15.40-17.45-19.50
007: Quantum of Solace

Daniel Craig, Olga Kurylenko

22.00 (00.00 Fri to Sun & Wed)

9 Body of Lies

Leonardo DiCaprio, Russell Crowe
13.30-16.10-18.50-21.15 (23.45 Fri & Sat)

10 Twilight

Kristen Stewart, Robert Pattinson
13.40-16.10-18.55-21.30 (00.05 Fri to Sun & Wed)

11 Madagascar: Escape
2 Africa

Animation PV
13.40-15.40-17.45-19.50-21.50
(23.50 Fri to Sun & Wed)

Body of Lies

Leonardo DiCaprio, Russell Crowe
Mamma Mia!
Meryl Streep, Colin Firth
Nights in Rodanthe
Richard Gere, Diane Lane

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000

4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV

Meryl Streep, Colin Firth
Amália, o Filme
Sandra Barata Belo, Carla Chambel

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Liam Neeson, Maggie Grace

Saw V

Tobin Bell, Costas Mandylor

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Four Christmases

Reese Witherspoon, Vince Vaughn

Twilight

Kristen Stewart, Robert Pattinson

Mama's Boy

Jon Heder, Diane Keaton

LUSOMUNDO
AMOREIRAS
TEL: 707 246362

4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV

13.40-15.40-17.45-19.50-21.50
007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Nights in Rodanthe

Richard Gere, Diane Lane

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Twilight

Kristen Stewart, Robert Pattinson

Blindness

Julianne Moore, Mark Ruffalo

Entre les Murs

François Bégaudeau

Righteous Kill

Robert DeNiro, Al Pacino

Twilight

Kristen Stewart, Robert Pattinson

Blindness

Julianne Moore, Mark Ruffalo

Taken

Liam Neeson, Maggie Grace

Saw V

Kristen Stewart, Robert Pattinson

Nights in Rodanthe

Richard Gere, Diane Lane

Amália, o Filme

Sandra Barata Belo, Carla Chambel

High School Musical 3

Zac Efron, Vanessa Hudgens

Saw V

Tobin Bell, Costas Mandylor

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Arte de Roubar

Leonardo DiCaprio, Russell Crowe

Body of Lies

Leonardo DiCaprio, Russell Crowe

Righteous Kill

Robert DeNiro, Al Pacino

Twilight

Kristen Stewart, Robert Pattinson

Blindness

Julianne Moore, Mark Ruffalo

Nights in Rodanthe

Richard Gere, Diane Lane

LUSOMUNDO

DOLCE VITA MIRAFLORES
TEL: 707 246362

4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV

Meryl Streep, Colin Firth

Amália, o Filme

Sandra Barata Belo, Carla Chambel

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Blindness

Julianne Moore, Mark Ruffalo

Taken

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko



Twilight is a romantic-fantasy film directed by Catherine Hardwicke and based on the novel of the same name by Stephenie Meyer. The film stars Kristen Stewart as a teenage girl who falls in love with a vampire, played by Robert Pattinson.

Seventeen-year-old Isabella "Bella" Swan has always been a little bit different, never caring about fitting in with the trendy



girls at her Phoenix high school. When her mother re-marries and sends Bella to live with her father in the rainy little town of Forks, Washington, she doesn't expect much of anything to change. Then she meets the mysterious and dazzlingly beautiful Edward Cullen, a boy unlike any she's ever met. Edward is a vampire, but he doesn't have fangs and his family is unique in that they choose not to drink human blood. Intelligent and witty, Edward sees straight into Bella's soul. Although Edward discourages the romance at first, they soon fall deeply in love, and are swept up in a passionate, thrilling and unorthodox romance. To Edward, Bella is what



twilight

he has waited 90 years for - a soul mate. But the closer they get, the more Edward must struggle to resist the primal pull of her scent, which could send him into an uncontrollable frenzy. When the arrival of three nomadic vampires, James, Laurent, and Victoria, puts Bella's life in danger, Edward and his family, Alice, Carlisle, Esme, Jasper, Emmett and Rosalie, put their lives at stake to save her.



Casting

Kristen Stewart was on the set of *Adventureland* when Hardwicke visited her for an informal screen test which "captivated" the director. Hardwicke did not initially choose Robert Pattinson for the role of Edward Cullen, but after an audition at her home with Stewart, Hardwicke chose him. Pattinson was unfamiliar with the novel series prior to his screen test, but read the books later on. Meyer allowed him to view a manuscript of the unfinished *Midnight Sun*, which chronicles the events in *Twilight* from Edward's point of view. Fan reaction to Pattinson's casting as Edward was initially negative; Rachelle Lefèvre remarked that "[e]very woman had their own Edward [that] they had to let go of before they could open up to [him], which they did." Meyer was "excited" and "ecstatic" in response to the casting of the two main characters.



Cast

The Cullens and the Swans

- **Kristen Stewart** as **Bella Swan**, a seventeen-year-old girl who moves to the small town of Forks, Washington, from Phoenix, Arizona, about halfway through her junior year of high school.
- **Robert Pattinson** as **Edward Cullen**, a 108-year-old vampire who appears to be seventeen. He is Bella's love interest and has the ability to read minds (except Bella's), along with superhuman speed and strength.
- **Peter Facinelli** as **Carlisle Cullen**, a compassionate "300-plus year [old]" vampire who looks to be in his mid-20s. He serves as the town's physician and is the father figure of the Cullen family.
- **Elizabeth Reaser** as **Esme Cullen**, Carlisle's vampire wife and a mother figure to the Cullen family.
- **Ashley Greene** as **Alice Cullen**, a vampire who can see the future based on decisions that people make.
- **Jackson Rathbone** as **Jasper Hale**, a member of the Cullen family who can manipulate emotions. He has the most difficulty maintaining the Cullens' lifestyle of not feeding on humans.
- **Nikki Reed** as **Rosalie Hale**, a member of the Cullen family who is described as the most beautiful person in the world.
- **Kellan Lutz** as **Emmett Cullen**, the strongest vampire of the family.
- **Billy Burke** as **Charlie Swan**, Bella's father and Chief of Police in Forks.



Nomadic Vampires

- **Cam Gigandet** as **James**, the leader of a group of nomadic vampires who intends to kill Bella.
- **Rachelle Lefèvre** as **Victoria**, James' mate who assists him in finding Bella.
- **Edi Gathegi** as **Laurent**, the most civilized member of James' coven.



When they told me Rob was probably the one, I looked him up and thought, "Yeah, he can do a version of Edward. He's definitely got that vampire thing going on." And then, when I was on set and I got to watch him go from being Rob to shifting into being Edward, and he actually looked like the Edward in my head, it was a really bizarre experience. [...] He really had it nailed.
-- *Twilight* author Stephenie Meyer



Stephenie Meyer

CELEB NEWS



Movie vampire Robert Pattinson gave former supermodel Tyra Banks a bit of a bite when he appeared on her U.S. talk show. The star was promoting his new film *Twilight* on the show, when Banks bared her neck and asked the British hunk to bite her. Stunned Pattinson asked, "Are you absolutely sure about this?" before nibbling the host. Pulling away, the red-faced actor said, "I've left a mark," but Banks was far from bothered, boasting, "I got a hickey (lovebite) from Rob... That felt good." (www) Twilight actress Kristen Stewart has unearthed the secret of co-star Robert Pattinson's overwhelming popularity with female fans - he's a "tortured artist". Stewart stars alongside the British hunk in the eagerly anticipated vampire film, in which she plays a normal high school student who falls for the sinister ways of Pattinson's blood-thirsty character Edward. The 22-year-old Brit has been the target of Twilight fans adoration - causing chaotic scenes at the film's world premiere in Los Angeles and signings in California. And Stewart is adamant the reason Hollywood's newest heartthrob sets hearts fluttering is because he looks as if he is constantly agonizing over deep thoughts. She says, "Oh, he's like a little tortured artist. He's British. He's fall. He always looks like he's thinking about something. And he's quite witty. So he's pretty sexy". (www) British heartthrob Robert Pattinson is planning to return to London as soon as the *Twilight* promotion circuit is over - so he can "hide" from his crazed fans. The 22-year-old actor has become a huge hit with female film fans since taking on the role of handsome vampire Edward Cullen in the movie adaptation of the cult book series. And Pattinson admits he has been overwhelmed by fans' reaction to him - because he doesn't understand his new pin-up status. In an interview with U.S. chat show host Ellen DeGeneres, he explains, "People like screaming at me. Actually, they like screaming at me in relationships as well. No one wants to commit". And the Brit hunk is ready to take time out of from his crazy new Hollywood existence by escaping back to his normal life in England. He tells Usweekly.com, "I think I'll go back to London for a bit, and hide out". And the star tells U.S. TV's *The Today Show* how his hordes of fans have actually made his job as an actor easier - because he doesn't have to impress them with his acting ability. He says, "It's just amusing now. People just project their idea of the character onto me, and assume I'm the same, when I'm just really not. It makes my life very easy". (www) British heartthrob Robert Pattinson has been named the hottest male movie vampire of all time, trumping big screen bloodsuckers Brad Pitt, Antonio Banderas and Tom Cruise. The 22-year-old star set teenage girls' hearts a flutter in the newly-released adaptation of hit novel *Twilight*. And Pattinson was already movie fans' favourite vampire - before he even sunk his teeth in a victim on the big screen. He has topped a Moviefone poll to find the best batty biter. From *Dusk Til Dawn* star Salma Hayek topped the female poll, ahead of Kate Beckinsale, who slipped on fangs for the *Underworld* movies. The top 10s are as follows: Male Vampires: 1. Robert Pattinson - *Twilight* 2. Brad Pitt - Interview with the Vampire 3. Cam Gigandet - *Twilight* 4. Antonio Banderas - Interview with the Vampire 5. Stuart Townsend - Queen of the Damned 6. Jason Patric - *Lost Boys* 7. Gerard Butler - *Dracula 2000* 8. Tom Cruise - Interview with the Vampire 9. Dominic Purcell - *Town Creek* 10. Kiefer Sutherland - *The Lost Boys* Female vampires: 1. Salma Hayek - From *Dusk Til Dawn* 2. Kate Beckinsale - *Underworld* 3. Angie Everhart - *Bordello of Blood* 4. Aaliyah - Queen of the Damned 5. Monica Bellucci - Bram Stoker's *Dracula* 6. Nikki Reed - *Twilight* 7. Olga Kurylenko - "Quartier de la Madeleine" in *Paris, I Love You* 8. Sharon Tate - *The Fearless Vampire Killers* 9. Kristanna Loken - *Bloodrayne* 10. Traci Lords - *Blade*. (www) British movie hunk Rob Pattinson has topped a new list of breakout stars, beating out competition from comic Russell Brand and Disney darling Demi Lovato. The *Twilight* star has landed atop the annual *Entertainment Weekly* 10 Breakout Stars of 2008 list. Also making the new list: Estelle, American Idol winner David Cook and Angel, the four-year-old dog star of *Beverly Hills Chihuahua*. (www)



NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV & OV

Nights in Rodanthe

Richard Gere, Diane Lane

Bangkok Dangerous

Nicolas Cage, James With

Mamma Mia!

Meryl Streep, Colin Firth

Saw V

Tobin Bell, Costas Mandylor

Mama's Boy

Jon Heder, Diane Keaton

Brideshead Revised

Emma Thompson, Michael

Gambon

Taken

Liam Neeson, Maggie Grace

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Four Christmases

Reese Witherspoon, Vince Vaughn

Body of Lies

Leonardo DiCaprio, Russell Crowe

Blindness

Julianne Moore, Mark Ruffalo

Righteous Kill

Robert DeNiro, Al Pacino

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Entre les Murs

François Bégaudeau

High School Musical 3

Zac Efron, Vanessa Hudgens

The Wackness

Josh Peck, Ben Kingsley

Burn After Reading

George Clooney, Brad Pitt

Twilight

Kristen Stewart, Robert Pattinson

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
4 DEC-10 DEC

Four Christmases

Reese Witherspoon, Vince Vaughn

Burn After Reading

George Clooney, Brad Pitt

High School Musical 3

Zac Efron, Vanessa Hudgens

Blindness

Julianne Moore, Mark Ruffalo

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Mamma Mia!

Meryl Streep, Colin Firth

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Nights in Rodanthe

Richard Gere, Diane Lane

Madagascar: Escape 2 Africa

Animation PV

High School Musical 3

Zac Efron, Vanessa Hudgens

Taken

Liam Neeson, Maggie Grace

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
4 DEC-10 DEC

Bangkok Dangerous

Nicolas Cage, James With

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Madagascar: Escape 2 Africa

Animation PV

Body of Lies

Leonardo DiCaprio, Russell Crowe

Twilight

Kristen Stewart, Robert Pattinson

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
4 DEC-10 DEC

Madagascar: Escape 2 Africa

Animation PV & OV

Righteous Kill

Robert DeNiro, Al Pacino

Four Christmases

Reese Witherspoon, Vince Vaughn

Blindness

Meryl Streep, Colin Firth

Bangkok Dangerous

Nicolas Cage, James With

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Body of Lies
Leonardo DiCaprio, Russell Crowe

Entre les Murs
François Bégaudeau

Burn After Reading
George Clooney, Brad Pitt

Mamma Mia!
Meryl Streep, Colin Firth

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Nights in Rodanthe
Richard Gere, Diane Lane

Blindness
Julianne Moore, Mark Ruffalo

Righteous Kill
Robert DeNiro, Al Pacino

Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO PALÁCIO DO GELO
TEL: 707 246362
4 DEC-10 DEC

Twilight

Kristen Stewart, Robert Pattinson

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Body of Lies

Leonardo DiCaprio, Russell Crowe

Righteous Kill

Robert DeNiro, Al Pacino

Brideshead Revised

Emma Thompson, Michael

Gambon

Madagascar: Escape 2 Africa

Animation PV

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
4 DEC-10 DEC

Bangkok Dangerous

Nicolas Cage, James With

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Nights in Rodanthe

Richard Gere, Diane Lane

Blindness

Julianne Moore, Mark Ruffalo

Righteous Kill

Robert DeNiro, Al Pacino

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
4 DEC-10 DEC

Twilight

Kristen Stewart, Robert Pattinson

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Body of Lies

Leonardo DiCaprio, Russell Crowe

Righteous Kill

Robert DeNiro, Al Pacino

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
4 DEC-10 DEC

Entre les Murs

François Bégaudeau

Madagascar: Escape 2 Africa

Animation PV

Twilight

Kristen Stewart, Robert Pattinson

Nights in Rodanthe

Richard Gere, Diane Lane

Blindness

Julianne Moore, Mark Ruffalo

Righteous Kill

Robert DeNiro, Al Pacino

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
4 DEC-10 DEC

Twilight

Kristen Stewart, Robert Pattinson

Nights in Rodanthe

Richard Gere, Diane Lane

Blindness

Julianne Moore, Mark Ruffalo

Righteous Kill

Robert DeNiro, Al Pacino

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Madagascar: Escape 2 Africa

Animation PV

Mamma Mia!

Meryl Streep, Colin Firth

Body of Lies

Leonardo DiCaprio, Russell Crowe

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Body of Lies

Leonardo DiCaprio, Russell Crowe

Madagascar: Escape 2 Africa

Animation PV & OV

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Twilight

Kristen Stewart, Robert Pattinson

Nights in Rodanthe

Richard Gere, Diane Lane

Blindness

Julianne Moore, Mark Ruffalo

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Righteous Kill

Robert DeNiro, Al Pacino

High School Musical 3

Zac Efron, Vanessa Hudgens

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Madagascar: Escape 2 Africa

Animation PV

Amália, o Filme

Sandra Barata Belo, Carla Chambel

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
4 DEC-10 DEC

Four Christmases

Reese Witherspoon, Vince Vaughn

Madagascar: Escape 2 Africa

Animation PV

Twilight

Kristen Stewart, Robert Pattinson

Amália, o Filme

Sandra Barata Belo, Carla Chambel

Blindness

Julianne Moore, Mark Ruffalo

Body of Lies

Leonardo DiCaprio, Russell Crowe

Bangkok Dangerous

Nicolas Cage, James With

007: Quantum of Solace

Daniel Craig, Olga Kurylenko

Nights in Rodanthe

Richard Gere, Diane Lane

Entre les Murs

François Bégaudeau

Journey to the Center of the Earth (3D)

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Indian Food Made Easy. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Darts: World Masters. Day two from Bridlington Spa. (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T) 5.35 Hole in the Wall. Phil Tufnell, Neil McAndrew, Iwan Thomas and Josie D'Arby, under team captains Darren Gough and Anton Du Beke, try to force themselves through holes of differing shapes and sizes. (R) (T)

6.05 Strictly Come Dancing. The couples compete for a place in the semi-final. The results show is tomorrow at 8.15pm. (T)

7.25 Merlin. Gwen's father Tom is put on trial by Uther, accused of practising magic by helping a sorcerer turn lead into gold. However, Morgana fears his fate has already been decided, and tries to help him escape before he is sentenced to death. Cal Macaninch guest stars. (T)

8.10 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Gethin Jones. (T)

8.20 Casualty. A stressed Jessica collapses, leading Tess to ask if she is pregnant. Ruth and Ben try to make Toby face up to his feelings, but he seems to be in a downward spiral. Meanwhile, a woman who feels insecure about her restricted growth causes an accident, but the relationship she forges with the injured man helps to restore her confidence. (T)

9.10 Outnumbered. Mum and Dad try to survive being trapped in a foreign airport with their children, and as the delays continue and the security checks multiply, a game of I Spy takes an unexpected turn. Partly improvised comedy, starring Hugh Dennis, Claire Skinner and David Ryall. (T)

9.40 BBC News; Weather; (T) National Lottery Update. (T)

10.00 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Manchester United v Sunderland; Blackburn Rovers v Liverpool and Bolton Wanderers v Chelsea. The Black Cats suffered a narrow 1-0 defeat at Old Trafford last season and have struggled on the road so far during this campaign, with Roy Keane determined for his side to pick up at least a point at a ground where he enjoyed so much success during his playing career. (T)

11.20 FILM: Shanghai Noon (2000). Western comedy, starring Jackie Chan; (T) Weatherview. (T)

1.10 BBC News. (T)



Pick of the Day

The British Comedy Awards 2008 (ITV1 Granada, 9.15pm)

Despite the fact that the National Comedy Awards have a pedigree for truly outrageous behaviour, the powers that be have decided to play things safe, and the 19th annual extravaganza will not be hosted by Jonathan Ross. Does his absence mean that we're in for a night devoid of the near-the-knuckle gags we've all come to know and love? It certainly doesn't look like it, as the acts and stars taking part are not shy when it comes to saying what's on their minds. The British Comedy Awards feature some of the world's biggest stars — previous shows have included appearances by Madonna, Sacha Baron Cohen, Paul Bettany, Jack Black, Elton John, Steve Martin, Hugh Grant, Samuel L. Jackson, Dame Edna Everage and Robbie Williams. Plus, there have been surprise visits by famous faces including Tony Blair, Archbishop Desmond Tutu, Mo Mowlam and Professor Stephen Hawking. So, what's in store this year? Well, Harry Hill will take on controversial BBC chat show host Jonathan Ross for a start. The TV Burp star is up against the Friday Night... host to win the Best Comedy Entertainment Programme of 2008. Meanwhile, Ant and Dec are in the running for the Best Comedy Entertainment Personality of 2008, alongside Harry, Alan Carr and Graham Norton.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Sontime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) The Owl. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 Sportsround; (T) Bernard. (R) (T) 8.30 Gimme a Break. (T) 9.00 TMI. (T) 10.30 Gina's Laughing Gear; (R) (T) Prank Patrol Pocketsize. (R) (T) 11.00 The Secret Show. (R) (T) 11.15 The Story of Tracy Beaker. (R) (T) 11.45 Eliot Kid. (R) (T) 12.00 BBC Switch: Malcolm in the Middle. (T) 12.20 BBC Switch: Malcolm in the Middle. (T) 12.45 BBC Switch: Mission Beach USA. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: Revealed. (T) 2.00 Coast. (T) 2.10 FILM: The Life and Death of Colonel Blimp (1943). Satirical war story, starring Roger Livesey. (T) 4.50 FILM: Rio Lobo (1970). Western, with John Wayne. (T) 6.40 Porridge. (R) (T) 7.10 Timewipe: Between the Lines - Railways in Fiction and Film. How trains have been depicted in literature and film. (T) 8.10 After Rome: Holy War and Conquest. Part two of two. Boris Johnson explores differing views of the Crusades. (T) 9.10 Have I Got a Bit More? News for You. Extended version, with guest host David Mitchell. (R) (T) 9.50 Never Mind the Buzzcocks. Guest captain Dermot O'Leary joins host Simon Amstell and regular Phil Jupitus, with panelists Arlene Phillips, Robert Webb, Keith Murray and Dappy. (R) (T) 10.20 We Are Family. (R) (T) 11.20 FILM: William Shakespeare's The Merchant of Venice (2004). Premiere. Drama, starring Al Pacino. (T) 1.25 FILM: The Million Dollar Hotel (2000). Murder mystery, starring Jeremy Davies. (T) 3.20 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: unsignedAct. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 BBC: Madagascar: Escape 2 Africa T4 Movie Special. 11.00 T4: The Month with Miquita. (T) 12.05 T4: Reaper. (R) (T) 10.41 T4: 101 Challenges. (T) 1.45 Channel 4 Racing from Sandown Park and Wetherby. Including the 2.35 Seasons Holiday Tingle Creek Chase (2m). (T) 10.00 The TV Show. (T) 4.25 FILM: Carry On Doctor (1967). Bawdy hospital comedy, starring Frankie Howerd. (T) 6.10 How Clean Is Your House? (R) (T) 6.40 Channel 4 News. (T) 7.10 FILM: The First Wives Club (1996). Three middle-aged women dumped by their husbands in favour of younger girls plot revenge. Comedy, starring Goldie Hawn, Bette Midler and Diane Keaton. (T) 9.10 The Devil's Whore. The country is in shock as Cromwell puts Charles I on trial for treason and becomes the first head of the Republican government. Dominic West and Peter Capaldi star. (R) (T) 10.15 FILM: Along Came a Spider (2001). A young man is kidnapped from a private school by one of her teachers, prompting a race against time to find her. Thriller, starring Morgan Freeman and Monica Potter. (T) 12.20 4Music: 4Music: Kings of Leon. (R) (T) 12.50 4Music: 4Music: The Month with Miquita. (R) (T) 1.55 FILM: Whisky (2004). Premiere. Comedy drama starring Andres Pazos. 3.45 Hill Street Blues. (R) 4.30 Countdown. (R) (T) 5.15 Adrenalin Rush. (R) (T) 5.40 Making It. (R) 5.45 The Hoobs. (R) (T)

6.00 Sunrise. 7.00 Milkshake! Harry and His Bucket Full of Dinosaurs. (T) 7.10 Chiro. (T) 7.15 Milkshake! Music Box. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.45 The Adventures of Bottie Top Bill and His Best Friend Corky. (T) 8.00 Little Princess. (R) (T) 8.15 Franny's Feed. (R) (T) 8.30 The Beeps. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.05 Rupert Bear. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 Roobarb and Custard Too. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 World's Strongest Man Super Series. (R) (T) 12.00 Zoo Days. (R) (T) 12.30 FILM: Snow White (2001). Fantasy, starring Kristin Kreuk. (T) 2.20 FILM: Last of the Dogmen (1995). Western, starring Tom Berenger. (T) 4.30 FILM: Contact (1997). Sci-fi drama, starring Jodie Foster. (T) 7.00 Five News and Sport. (T) 7.15 NCIS. A technician witnesses a murder. (R) (T) 8.10 NCIS. The severed leg of a missing Marine is discovered in a rubbi sh bin, putting the team on the trail of a small-town murder racket. Crime drama, starring Mark Harmon. (R) (T) 9.10 CSI: NY. Flack and Stella interrogate a congressman suspected of involvement in the murder of a drag queen, and an extreme-sports executive is found dead in a gripper used to de-ice streets. (R) (T) 10.10 Law & Order: Criminal Intent. (R) (T) 11.00 FBI Files. (R) (T) 12.10 Quiz Call. 4.15 Wildlife SOS. (R) (T) 4.35 Royal Institution Christmas Lectures 2006. (R) (T) 5.15 Royal Institution Christmas Lectures 2006. (R) (T)

LOCAL

Best of the Rest

BBC3

7.00 The Real Hustle Las Vegas. 7.10 The Real Hustle: High Stakes. 7.40 The Real Hustle: High Stakes 8.10 Top Gear 9.10 Family Guy 11.35 Family Guy 11.55 Two Pints of Lager and a Packet of Crisps 12.25 Two Pints of Lager and a Packet of Crisps 3.20 Two Pints of Lager and a Packet of Crisps 3.30 Two Pints of Lager and a Packet of Crisps 3.50 Clone 4.20 The Real Hustle: High Stakes 4.50 The Real Hustle: High Stakes 5.20 Close

BBC4

7.00 Crowdie and Cream 8.00 Tess of the D'Urbervilles 9.00 Who Is Kurt Wallander? 10.00 Wallander 11.25 Mad Men 12.15 Who Is Kurt Wallander? 1.15 The Hard Sell 1.45 Tess of the D'Urbervilles 2.45 Who Is Kurt Wallander? 3.45 The Hard Sell 4.15 Close

ITV2

1.05 The Planet's Funniest Animals 1.40 Britannia High 2.40 Here Come the Boys 3.40 The Xtra Factor - The Result 4.25 Film: Hulk 2003 7.00 Superhuman: Super Strong 8.00 Vernon Kay: The Hot Desk 8.15 The Xtra Factor 8.45 The Planet's Funniest Animals 9.15 The Xtra Factor - The Result 10.00 No Heroes 10.30 Keith Lemon: The Hot Desk 10.45 British Comedy Awards 2008 - The Party 11.45 The X Factor 1.00 The Xtra Factor 1.30 The X Factor - The Result 2.00

The Xtra Factor - The Result 2.45 101 Sexiest Celebrity Bodies 3.30 Pop Stars: Gone Bad 4.00 Nanny 9.11 4.40 Ricki Lake 5.20 Ricki Lake

Sky1

1.00 Don't Forget the Lyrics 2.00 Don't Forget the Lyrics 3.00 Film: The Librarian: Quest for the Spear 12 (2004) 4.50 Bite Size Brainiac 5.00 The Simpsons 5.30 The Simpsons 6.00 Noel's Are You Smarter Than a 10 Year Old? 7.00 Futurama 7.30 Futurama 8.00 UK Border Force 9.00 Road Wars 10.00 Road Wars 11.00 StreetWars 12.00 Prison Break 1.00 Road Wars 1.50 The Villa 2.40 Mile High 3.30 Mile High 4.20 Ibiza Uncovered 5.10 Guilty!

G.O.L.D

1.30 Only Fools and Horses Top 40

Moments 3.30 TV's Greatest

Christmas Moments 5.30 Only Fools

and Horses Top 40 Moments 7.30

Morecambe and Wise - The Greatest

Moment 9.00 The Vicar of Dibley

9.55 Porridge 10.35 Jonathan Creek

11.40 Jonathan Creek 12.55 The

New Adventures of Old Christine 2.10

The New Adventures of Old

Christine 2.35 The New Adventures

of Old Christine 3.00 Close

TCM

1.00 Butterfield 8 PG (1960) 3.00

Whistle Down the Wind PG (1961)

4.50 Where the Spies Are PG (1965)

6.55 The Year of Living

Dangerously PG (1982) 9.00

Poltergeist 15 (1982) 11.05 The

Split 15 (1968) 12.45 The Outrage

15 (1964) 2.30 The Four Horsemen

of the Apocalypse PG (1961) 5.00

Saratoga PG (1937)

The Disney Channel

Kids' programmes from 7am,

except: 4.00 Film: Go Figure (2005)

Teen movie, starring Jordan

Hinson. 8.00 Film: Cadet Kelly U

(2002) Comedy, starring Hilary

Duff.

MOVIES

Sky Movies Drama

7.00 An American Affair 15 (1997) 8.45 A Mother's Testimony 15 (2000) 10.25 Ongen 12 (1999) 12.15 Columbo Goes to the Guillotine PG (1989) With Peter Falk. 2.00 The Trench 15 (1999) With Daniel Craig. 3.45 The Illusionist PG (2006) With Edward Norton. 5.40 Flyboys 12 (2006) With James Franco. 8.00 The Inside 15 (1999) With Al Pacino. 10.45 Gridiron Gang 12 (2006) With Dwayne Johnson. 1.00 Scarface 18 (1983) With Al Pacino. 4.00 The Top 10 Show 4.15 Yesterday's Children 12 (2000)

Sky Movies Comedy

6.20 Runaway Bride PG (1999) 8.20 Splitting Heirs 15 (1993) 9.50 Happy Gilmore 12 (1996) 11.25 Runaway Bride PG (1999) With Julia Roberts. 1.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 3.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 9.30 Happy Gilmore 12 (1996) With Adam Sandler. 11.10 Blast from the Past 12 (1999) With Brendan Fraser. 1.05 Splitting Heirs 15 (1993) With Eric Idle. 2.40 Don't Go Breaking My Heart PG (1999) With Jenny Seagrove. 4.20 The Pirates of Penzance U (1982)

Sky Movies Action/Thriller

6.55 The Postman 15 (1997) 10.05

Top Gun 12 (1986) 12.10 The

Mask of Zorro PG (1998) With

Antonio Banderas. 2.40 Final

Analysis 15 (1992) With Richard Gere. 4.55 Top Gun 12 (1986)

With Tom Cruise. 7.00 Rocky

Balboa 12 (2000) With Sylvester

Stallone. 9.00 Striking Distance 15 (1993) With Bruce Willis. 10.45

The Delta Force 18 (1986) With

Chuck Norris. 1.00 Delta Force II:

The Colombian Connection 18 (1990) With Chuck Norris. 2.55

The Mask of Zorro PG (1998) With

Antonio Banderas. 5.15 Wing

Commander PG (1999)

Sky Sports 1

6.00

Big League Weekend 1

7.00

Premier League

Preview 7.30

Champions League

Weekly 8.00

De La Hoya v Pacquiao 24/7 8.30

Big Fight

Countdown 8.45

WWE: Smackdown 6.30

Bottom Line

7.30

Live Premier League

Snooker

The semi-finals

from Norfolk

11.00

Extreme

Championship

Wrestling

12.00

WWE: Late Night

- Smackdown

2.00

WWE: Late Night - Bottom Line

3.00

NFL: Total Access

3.00

Rugby

4.00

Sports Unlimited

5.00

Race World

6.00

Live

Sailing

Coverage of the

Monsoon Cup

8.00

World Rally

Championship

9.30

Live

Cross-Country

Skiing

World Cup

Cup coverage from Ostersund

12.30

Live

Cross-Country

Skiing

World Cup

Cup coverage from Le Clusaz in France

1.15

Live

Biathlon

The World

Cup

meeting from Ostersund

3.00

Live

Ski Jumping

3.00

The team HS131

World Cup

jump from Trondheim

4.45

Live

Curling

Germany v Norway

6.00

Live

Alpine

Skiing

World Cup

coverage from Beaver Creek

7.30

Live

Alpine

Skiing

World Cup

meeting at Lake Louise

9.00

Boxing

10.30

World Rally

Championship

11.00

Motor

Racing

12.30

World

Rally

Championship

1.00

Close

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (R) (T) 9.45 Emu. (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 My Life As a Popat. (T)

BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Christmas Voices. (T) 11.00 Countyfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.25 Diagnosis Murder. (R) (T) 2.10 EastEnders. (T) 4.05 Merlin. (R) (T) 4.50 Songs of Praise. (T)

5.50 BBC News; Regional News; Weather. (T) 6.15 Little Dorrit. Omnibus. The Merdles think they have ended Sparkler's relationship with Fanny by getting him a job. Meanwhile, his intended bride is busy trying to prevent Mrs. General becoming her stepmother. Mr. Dorrit orders Amy to stay in Venice, and Mrs. Clennam comes under suspicion following Rigaud's disappearance. (T) 7.15 Antiques Roadshow. Fiona Bruce and the team visit Hertford College, Oxford, where the presenter studied French and Italian. Among the items brought in by the public are a unique recording of a Beatles studio session and a Maori carving with a macabre past. A Russian painting also receives a surprising valuation. (T)

8.15 Strictly Come Dancing. Barry Manilow sings in the studio, and Bruce Forsyth and Tess Daly reveal which two couples face the dreaded dance-off, before the judges decide who will be making their last curtain call. Featuring behind-the-scenes footage from Saturday's show and performances by the professional dancers. (T)

9.00 Wallander. When a man dies at a cash machine and two teenage girls confess to the murder of a taxi driver, the detective appears to have two open-and-shut cases. However, Wallander's investigation leads him to discover a conspiracy that stretches far beyond the borders of Sweden. Drama based on the best-selling books by Henning Mankell, starring Kenneth Branagh, Sarah Smart and David Warner. (T)

10.30 BBC News; Weather. (T)

10.50 Spooks. Harry is arrested after being framed as the mole who revealed classified information, and the head of MI5 orders his interrogation. With Britain under threat of nuclear attack from Russia, the whole team comes under suspicion and all communication is monitored. After a trusted contact is murdered, Lucas is horrified when he realises the identity of the double agent. Drama, guest starring Robert Glenister. (R) (T) 11.50 FILM: Steel (2002). Crime thriller, starring Stephen Dorff. (T)

1.10 The Sky at Night; (T) Weatherwatch. (T) 1.35 Sign Zone: Holby City. (R) (T) 2.35 Sign Zone: Survivors. (R) (T) 3.35 Sign Zone: Twiggys Frock Exchange. (R) (T) 4.35 BBC News. (T)

Visit the paper online
www.the-news.net

LOCAL

Best of the Rest

RTP1

0630 Children TV0645 Brinca Comigo 0800 Bom Dia Portugal 1000 Mass 1100 Greatest Places 1200 Sennito do Gosto 1230 Em Reporta 1300 News 1415 Sô Visto! 1515 Boxes, series 1600 Olha quem Dançal 1600 Telerural 1915 Football: Marítimo x Benfica 2100 News 2145 Escolhas de Rebole de Sousa 2200 A Minha Geração 0000 Domingo Desportivo 0130 The Fourth King, film 0315 World Rally Championship 0415 Sô Visto! 0515 National Geographic: Tribal Odyssey 0605 Nós

RTP2

0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos0930 70x1000 Nós 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1300 Recantos 1330 National Geographic 1415 Staying Alive: XPress 2008 1445 A Vôz do Cidadão 1500 Sports 1930 A Alma e a Gente 2000 Bomporto 2030 The Simpsons 2100 The Antibiotics Adventures 2200 News 2230 Câmera Clara 2350 MUNI/Cattia 0030 Onda Cúrtia 0045 A Alma e a Gente 0115 Sports 0515 Euronews SIC

0645 Sic Kids 0830 Disney Kids 1000 Power Overdrive 1030 Programa da Lucy 1200 BBC Wild Life: Elephant Nomads of the Namib 1300 News 1400 Fama Show 1445 Film TBA 1600 Film TBA 1815 Film TBA 2000 News 2115 Grande Reportagem SIC 2200 Gato Fedorento 2300 A Favorita 0015 Desperate Housewives, series 0015 CS1 New York 0215 Todosem Linha 0400 Malevolent, film

TVI

0700 Children's TV 0930 O Bando dos Quatro 1030 Hanna Montana 1115 Mass 1300 News 1400 Barbie and the Diamond Castle, film 1700 Hook, film 2000 News 2100 Reporter TVI 2130 Feitiço do Amor 2245 Casos da Vida 0030 Mr Nice Gue, film 0230 Sempre a Somar 0400 The Beast, mini-series 0500 Telesales 0630 Todos Igualas



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) Bernard. (R) (T) 8.00 Mona the Vampire. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Bring It On. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Rachel's Favourite Food at Home. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Fred Dibnah's Made in Britain. (R) (T) 1.30 Live Darts: World Masters. Action from the semi-finals and live coverage of the final. (T) 5.20 One Man and His Dog 2008. (T) 6.00 Wild China. (R) (T) 7.00 Long Way Down. Charley Boorman and Ewan McGregor spot wild zebras in Kenya, get up close with gorillas in Rwanda and spend an emotional day at a site for former child soldiers in northern Uganda. (R) (T) 8.00 Top Gear. London mayor Boris Johnson is the Star in a Reasonably Priced Car. (T) 9.00 Louis Theroux: Law and Disorder in Johannesburg. Conclusion. The journalist investigates crime in the South African city. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of today's two Premier League games - Everton v Aston Villa at Goodison Park and West Bromwich Albion v Portsmouth at The Hawthorns. (T) 10.50 Graham Norton Uncut. (T) 11.35 Heroes. (R) (T) 12.20 FILM: Joan of Arc (1999). Epic drama, starring Milla Jovovich. (T) 2.50 BBC News. (T) 4.30 Inside Sport. (R) (T) 5.00 Close.

BBC3

7.00 Dog Borstal 8.00 Don't Tell the Bride 9.00 The Last Millionaire 10.00 Family Guy 10.25 Family Guy 10.45 Film: Copycat 18 (1995) 12.40 Clone 1.10 The Last Millionaire 2.10 Don't Tell the Bride 3.05 Filthy Rich and Famous 4.05 Dog Borstal 5.05 Close

BBC4

7.00 Travels with Vasari 8.00 Legends 9.00 Nana Mouskouri at the BBC 10.00 Presenting Nana Mouskouri 10.30 Who Is Kurt Wallander? 11.30 Charlie Brooker's Screenwipe 12.20 Mark Lawson Talks to John Le Carré 1.20 Travels with Vasari 2.20 Legends 3.20 Nana Mouskouri at the BBC 4.20 Close

ITV2

1.30 Film: Babe: Pig in the City PG (1998) 3.15 Coronation Street 5.15 The X Factor 6.30 Superhuman: Giants 7.30 The X Factor - The Result 8.00 Britain Does the Funniest Things 9.00 Film: Police Academy 1984 11.00 Coronation Street 11.30 Film: True Lies 15 (1994) 2.05 Teleshopping 5.05 ITV2 Nightscreen

Sky1

1.50 Bite Size Brainiac 2.00 Gladiators - Battle of the Forces 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 The Simpsons 7.00 Wayne Rooney's StreetStriker 8.00 The Simpsons 8.30 The Simpsons 9.00 Fringe 10.10 Film: Beverly Hills Cop 15 (1984) 12.15 Bones 1.15 Road Wars 2.10 Road

Wars 3.05 The Villa 4.00 Bite Size Brainiac 4.20 Ibiza Uncovered 5.10 Guilty!

G.O.L.D

1.30 Blackadder's Most Cunning Moments 3.30 Morecambe and Wise - The Greatest Moment 5.00 The Vicar of Dibley 10.40 Moments 7.00 Blackadder's Most Cunning Moments 9.00 My Family 10.00 Jonathan Creek 11.10 Jonathan Creek 12.15 My Family 1.20 Jonathan Creek 2.20 Generation Game - Now and Then 2.45 The Dick Emery Show 3.00 Close

TCM

1.00 Zig Zag PG (1970) 3.00 Two Loves PG (1961) 4.55 The Journey U (1959) 7.15 Sylent Green 15 (1973) 9.00 The Dirty Dozen 15 (1967) 11.35 Wise Guys 15 (1986) 1.15 Sliether 15 (1973) 2.55 Cass Timberlane PG (1947) 5.00 Flamingo Road PG (1949)

The Disney Channel

Kids' programmes from 7am, except 4.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Dolley. 8.00 Film: Cheetah Girls U (2003) Comedy drama, starring Raven-Symone.



Pick of the Day

Take That Come to Town (ITV1 Granada, 8pm)

Whether you love them or hate them, there's no denying Take That's star quality. The Mancunian boy band have 10 UK number one singles and three number one albums to their name, and their popularity was so high during the 1990s that millions of heartbroken teenage girls rang counselling hotlines across Europe when they announced they were to disband in 1996. Thankfully, the boys reformed in 2005 and after the runaway success of their comeback album Beautiful World, they haven't looked back since. In this one-off special, Gary, Jason, Mark and Howard take to the stage and perform a selection of their hits to the lucky members of this intimate studio audience in Manchester. Okay, so you might not have been invited to the city's biggest musical extravaganza since Oasis thrilled a capacity Maine Road crowd as part of their There And Then tour in 1996, but you'll still have a ball from the comfort of your living room as the lads celebrate the release of their latest album, The Circus. They will perform a wide selection of songs from their extensive back catalogue, including Patience, Shine, Back For Good and new single Greatest Day.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV: Art Attack. (R) (T) 9.50 Prove It! (R) (T) 10.10 Finger Tips. (T) 10.30 Finger Tips. (T) 10.50 Planet Sketch. (R) (T) 10.55 The Championship. (T) 11.55 ITV News and Weather. (T) 12.00 London Today; Weather. (T) 12.05 FILM: Getting There (2002). Adventure, starring Mary-Kate and Ashley Olsen. (T) 1.50 The X Factor. (R) (T) 3.05 The X Factor - The Result. (R) (T) 3.35 London Tonight; Weather. (T) 3.50 FILM: Star Wars: Episode I - The Phantom Menace (1999). Sci-fi prequel, starring Liam Neeson and Ewan McGregor. Including ITV News and Weather. (T)

6.30 Britannia High. Lola's friends believe she is having an affair with dance mentor Stefan after reading her diary, but their efforts to investigate further places his teaching career in jeopardy. (T)

7.30 Coronation Street. Maria realises Tony knew about Liam's kiss with Carla before asking him to be best man, and Molly wonders why Tyrone is spending so much time with Minnie. (T)

8.00 Take That Come to Town. One-off special in which Jason Orange, Mark Owen, Howard Donald and Gary Barlow perform classic hits as well as songs from their new album The Circus in front of a studio audience in Manchester. (T)

9.00 I'm a Celebrity Get Me Out of Here! Coming Out. Cameramen follow this year's contestants as they leave the jungle to be reunited with friends and families and return to the comforts of home. The well-known faces, who included Esther Rantzen, Robert Kilroy-Silk, Dani Behr, Simon Webb, Martina Navratilova, Joe Swash, George Takei, Carly Zucker, Brian Paddick and Nicola McLean, talk about their time in the camp, react to the tabloids' interest in them and enjoy the luxury of the Versace hotel after enduring Bushtucker Trials. (T)

10.30 ITV News and Weather. (T)

10.45 The Mariinsky Theatre: The South Bank Show. Backstage at the Mariinsky Theatre in St Petersburg to celebrate its 225th anniversary, presenting a first look at archive material that was hidden during the siege of the city in World War Two. Leading directors and artists piece together the history of a venue which has championed Russian music and dance despite the significant political changes of the past 200 years. Last in the series, presented by Melvyn Bragg. (T)

11.45 Britain's Love Story. Series documenting 50 years of love, sex and marriage in the UK, beginning with stories from the 1950s and 1960s, when a young generation believed their relationships would last for ever. (R) (T) 12.45 Quincy ME; (R) (T) ITV News Headlines. 1.40 60 Minute Makeover. (R) (T) 2.30 Antiques Auction. (R) (T) 2.55 Antiques Auction. (R) (T) 3.20 I Want That House By the Sea. (R) (T) 3.45 ITV Nightscreen.

C4

6.10 Planet Cook. (T) 6.35 Transworld Sport. (T) 7.30 Beach Volleyball. (R) 8.00 Adrenalin Rush. (T) 8.30 Ironman Triathlon. 8.55 T4: Friends. (R) (T) 9.30 Hollyoaks. (T) 12.00 T4: unsignedAct. (T) 1.00 T4: Friends. (R) (T) 1.35 T4: Relentless. (T) 2.25 FILM: See Spot Run (2001). Canine comedy, starring David Arquette. (T) 4.15 T4: The Simpsons. (R) (T) 4.45 T4: The Simpsons. (R) (T) 5.15 Deal or No Deal. (T) 6.05 Channel 4 News. (T) 6.20 FILM: Miracle on 34th Street (1994). A girl does not believe in Santa Claus, but has a change of heart thanks to a snow-bearded pensioner claiming to be the man himself. Children's fantasy drama, with Richard Attenborough. (T) 8.30 Bring Back Dallas. Comedian Justin Lee Collins embarks on a mission to track down the cast of the TV soap Dallas and reunite the stars at his own Oil Barons' Ball in Los Angeles. (R) (T) 10.00 FILM: Bulletproof Monk (2003). A Tibetan monk acting as guardian of an ancient scroll battles modern-day Nazis while training a pickpocket to be his replacement. Martial arts thriller, starring Chow Yun-Fat. (T) 12.05 Brothers & Sisters. (T) 1.05 4Play: The Hours. (T) 1.35 FILM: Camp (2003). Premiere. Coming-of-age drama, starring Daniel Letterle. 3.30 Supporting Acts. (R) (T) 3.45 3 Minute Wonder: Where There's a Will. (R) (T) 3.50 Hill Street Blues. (R) (T) 4.35 Countdown. (R) (T) 5.20 Adrenalin Rush. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Look! (R) (T) Aussie Antics. (R) (T) 6.20 Angels of Jamm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (T) 7.05 Chiro. (T) 7.10 Milkshake! Music Box. (R) (T) 7.20 Hama's Helpline. (R) (T) 7.35 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.50 Little Princess. (R) (T) 8.00 Look! (R) (T) 8.05 Fanny's Feet. (R) (T) 8.20 The Beeps. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Puppet Bear. (R) (T) 9.10 The Milkshake! Show. (R) (T) 9.40 Mist: Sheepdog Tales. (R) (T) 9.50 Roobarb and Custard Too. (R) (T) 10.00 Secrets of Egypt: Screaming Man. (R) (T) 11.00 Dangerous Adventures for Boys. (R) (T) 12.00 The Great British Sea Monster: Great Ocean Adventures. (R) (T) 12.50 Zoo Days. (T) 1.00 FILM: The Sword and the Rose (1953). Historical romance, with Richard Todd. 2.45 Five News and Sport. (T) 3.00 FILM: Steel Magnolias (1989). Bittersweet drama, starring Sally Field. (T) 5.10 FILM: Home Alone (1990). Blockbusting family comedy, starring Macaulay Culkin. (T) 7.05 FILM: The Pink Panther (2006). Premiere. Bumbling French policeman Inspector Clouseau goes in search of a priceless stolen diamond. Comedy remake, starring Steve Martin, Kevin Kline and Jean Reno. (T) 9.00 FILM: Just Cause (1995). A legal expert uncovers disturbing evidence of police brutality - but is met with hostility when he tries to put his case. Thriller, starring Sean Connery. (T) 11.05 FILM: Silent Cry (2002). Thriller, starring Emily Woof. (T) 12.45 Great Australian Run. 1.15 Live NFL. Seattle Seahawks v New England Patriots (Kick-off 1.15am). 4.20 Kickboxing: Now Is the Time - Night of Combat. 5.10 Royal Institution Christmas Lectures 2006. (R) (T)

MOVIES

Sky Movies Drama

6.00 Lured Innocence 15 (1999) 7.45 The Thing About My Folks 12 (2005) 9.30 35MM 10.00 The Skulls 15 (2000) 12.00 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 1.45 When Angels Come to Town PG (2004) With Peter Falk. 3.30 Cocktail 15 (1988) With Tom Cruise. 5.30 The Movie Geek 6.00 Catch and Release 12 (2007) With Jennifer Garner. 8.00 A Civil Action 15 (1998) With John Travolta. 10.00 Stomp the Yard 12 (2007) With Columbus Short. 12.00 The Doors 18 (1991) With Val Kilmer. 2.30 Kiss the Girls 18 (1997) With Morgan Freeman. 4.30 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.15 The Duke U (1999) 7.50 Open Season PG (2006) 9.20 Parenthood 15 (1989) 11.30 Night at the Museum PG (2006) With Ben Stiller. 1.20 Run, Fat Boy, Run 12 (2007) With Simon Pegg.

Sky Movies Action/Thriller

7.00 The X Files 15 (1998) 9.15 Final Approach 10.55 Final Approach 12.35 Ransom PG (1975) With Sean Connery. 2.25 Perfect Stranger 15 (2007) With Halle Berry. 4.25 The X Files 15 (1998) With David Duchovny. 6.40 Sphere 12 (1998) With Dustin Hoffman. 9.00 Suddenly Death 18 (1995) With Jean-Claude Van Damme. 10.55 Death Sentence 18 (2007) With Kevin Bacon. 12.45 Death Proof 18 (2007) With Kurt Russell. 2.50 Gridlock'd 18 (1997) With Tupac Shakur. 4.35 Ransom PG (1975)

7.00 The X Files 15 (1998) 9.15 Final Approach 10.55 Final Approach 12.35 Ransom PG (1975) With Sean Connery. 2.25 Perfect Stranger 15 (2007) With Halle Berry. 4.25 The X Files 15 (1998) With David Duchovny. 6.40 Sphere 12 (1998) With Dustin Hoffman. 9.00 Suddenly Death 18 (1995) With Jean-Claude Van Damme. 10.55 Death Sentence 18 (2007) With Kevin Bacon. 12.45 Death Proof 18 (2007) With Kurt Russell. 2.50 Gridlock'd 18 (1997) With Tupac Shakur. 4.35 Ransom PG (1975)

Sky Sports 1

6.00 World Sport 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Norwich City v Ipswich Town (Kick-off 1.15pm). 3.30 Live Super Sunday. Everton v Aston Villa (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Real Betis v Espanyol. 8.00 Live Spanish Football. Real Madrid v Sevilla (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Watersports World 7.00 Wild Spirits 7.30 Spanish Football 9.00 Live Masters Football. The Malaysia Cup. 12.00 World Sport 12.30 Live European Rugby Union. Bath v Glasgow Warriors (Kick-off 1.00pm). 3.00 Live European Rugby Union. Clermont Auvergne v Munster (Kick-off 3.00pm). 5.00 World Sport 5.30 NFL: Live Wire 6.00 NFL. New Orleans Saints v Atlanta Falcons (Kick-off 6.00pm). 9.00 Live NFL. Buffalo Bills v Miami Dolphins (Kick-off 9.05pm). 12.30 NFL: Top 10 1.15 Live NFL. Baltimore Ravens v Washington Redskins (Kick-off 1.15am). 4.20 Wild Spirits 4.50 Close

Sky Sports 3

6.00 European Hockey League 7.00 Squash 9.00 WVE: Afternoon 10.00 WWE: Vintage Collection 11.00 Racing News 11.30 Wild Spirits 12.00 Premier League Snooker 3.30 Wild Spirits 4.00 NFL: Total Access

Sky Sports Xtra

6.00 Thinking Tackle 7.00 Premier League Snooker 10.30 Pool 12.00 European Hockey League 1.00 NFL: Total Access 2.00 Squash 4.00 Pool 5.30 SportsWorld 6.00 Masters Football 9.00 European Rugby Union Special 12.00 Premier League Snooker 3.20 European Rugby Union Special 5.30 World Sport

You have a right to be demanding and expect the best quality. For this reason we are prepared to tailor-make a computer in our workshops just for you and in exact accordance with your needs.

EVERYTHING IN ENGLISH

In addition, our technicians will install English language operating systems, deliver the computer and configure everything for you. We can transfer the data from your old computer, and all your previous settings, favourites, cookies, e-mail accounts, in fact leave your system just as before, but faster and better.

FROM ONLY €599⁽¹⁾

Choose the processor speed you need, right up to the newest dual core Pentium 3.4. Choose the RAM that's right for you. Choose a fast graphics card with plenty of on-board memory if you are an intensive graphics user. Go for security with 2 hard drives automatically backing up from one to the other so you never lose any data.

**PERSONALLY
TAILORED COMPUTERS
CREATED FOR YOU**

by WorldTelcom

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kenwhizz. (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Get 100. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 Watchdog. Investigation show, fighting for consumers' rights. Nicky Campbell, Julia Bradbury and Paul Heiney present; (T) BBC News; Regional News. (T)

8.00 EastEnders. Whitney reaches breaking point on her 16th birthday after a heart-to-heart with Bianca, as Tony tries to delay their plans to run away. Dot confides in a homeless man about her relationship with Jim, and Lauren decides it is time to return to her family. Lucas and Denise grow closer, while Jack puts pressure on Roxy to get the DNA test done. (T)

8.30 Panorama. MSP Margo MacDonald has Parkinson's disease and has previously spoken openly of her desire to choose the moment of her death. She investigates the underground suicide movement in the UK, meets people with similar illnesses to hers who also want the ability to choose when they die, and looks at how British law could be changed to allow it. (T)

9.00 Spooks. A network of sleeper agents placed in strategic positions by the Russians plans a nuclear attack on London. Only the mole can help Section D prevent the atrocity so the team kidnaps the traitor, who is forced to admit under interrogation that a vital dossier is hidden at London Bridge. As agents from both sides meet at the landmark, they are welcomed by a hall of bullets. Last in the series. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 A Question of Sport. With Olympic cycling gold medallist Rebecca Romero. Reading footballer Kevin Doyle, 2005 world snooker champion Shaun Murphy and England rugby union international Joe Worsley. (R) (T)

11.05 Inside Sport. Gabby Logan is joined by Steve Bunce for interviews with sport stars and to discuss the latest events. (T)

11.35 FILM: Shiner (2000). Boxing drama, starring Michael Caine; (T) Weatherview. (T)

1.15 Sign Zone: Antiques Roadshow. (R) (T) 2.15 Sign Zone: Little Dorrit. (R) (T) 2.45 Sign Zone: Little Dorrit. (R) (T) 12.15 Ellery Queen. (R) (T) 1.05 BBC News. (T)

4.00 Close. (T)



6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) MySay. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Timeshift: Last Days of Steam. Britain's investment in new steam locomotives in the 1950s. (T) 8.00 University Challenge. Queen's College, Cambridge versus the University of Warwick. (T) 8.30 Indian Food Made Easy. Fried spicy aubergines, authentic vindaloo and stuffed sea bass. (T) 9.00 World War Two: Behind Closed Doors. How the alliance with the USSR began to collapse. (T) 10.00 Have I Got News for You. David Mitchell guest hosts. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Band of Brothers. (R) (T) 12.15 Ellery Queen. (R) (T) 1.05 BBC News. (T)

4.00 Close. (T)

6.00 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 The Class. (R) (T) 8.55 Fat March USA. (T) 9.55 Charmed. (R) (T) 10.50 Charmed. (R) (T) 11.50 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.35 A Brief History of Fun. (R) (T) 12.55 Supernanny USA. (R) (T) 1.50 FILM: The Story of Robin Hood and His Merrie Men (1952). Adventure, starring Richard Todd. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rights Universal. New series exploring the Universal Declaration of Human Rights. (T) 8.00 The Ascent of Money. Why insurance can be insufficient protection against catastrophe. (T) 9.00 Catastrophe. A volcanic eruption that wiped out 95 per cent of life on Earth. (T) 10.00 FILM: A History of Violence (2005). Premiere. The owner of a diner lives a quiet life, but when armed robbers burst into his restaurant he takes the law into his own hands and becomes a hero. Thriller, starring Viggo Mortensen. (T) 11.50 FILM: Wicker Park (2004). Premiere. Drama, starring Josh Hartnett. 2.05 FILM: Grave of the Fireflies (1988). Japanese animation, with the voice of Tsutomu Tatsumi. 3.40 Titanic's Ghosts. (R) (T) 4.40 Hill Street Blues. Preparations for the presidential visit continue. (R) 5.30 Inuk. (R) (T) 5.45 The Hoobs. (R) (T)

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.30 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottie Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Little Lodgers. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Poocoo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: Hart to Hart: Two Harts in Three-Quarter Time (1995). Drama, starring Robert Wagner and Stefanie Powers. (T) 5.00 Five News with Matt Barber; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Rough Guide to Great Weekend Breaks: (T) 7.30 Five News Update. (T) 8.00 The Gadget Show Christmas Special. The best-value festive gizmos, gadgets and rechargeable batteries; (T) 8.00 Five News at 9. 9.00 Sex, Drugs and Rock 'n' Roll: The 60s Revealed. (T) 10.00 FILM: Starship Troopers 2: Hero of the Federation (2004). A group of intergalactic soldiers take refuge in an abandoned outpost, but the sanctuary harbours a dark secret. Sci-fi sequel, starring Bill Brown. (T) 11.55 Police Interceptors: Special Edition. (T) 12.25 Disorderly Conduct. (T) 1.25 Live NFL. Carolina Panthers v Tampa Bay Buccaneers (Kick-off 1.30am). 4.45 Race and Rally UK. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Mass 1100 Monte Carlo Circus 1200 Uma Sperm Whales 1300 News 1415 Ben Hur, film 11800 Telerulor 1905 O Preto Certo 2000 News 2045 Notas Soltas 2115 Cuidado com a língua 2130 Jogo Duplo 2230 Ainda bem que Apareceste 2330 Gangs of New York, film 0230 A Day at the Races, film 0430 Euronews 0500 National Geographic 0605 Nós

RTP2

0715 Zig Zag 1600 National Geographic 1700 Zig Zag 1830 A Fê dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Close to Home, series 2330 Bastidores, Making Of 0030 Noites da Dois 0115 Remix Stand Ups 0145 Diga Lá Exclémia 2030 Eurodeputados 0155 Sociedade Civil 0445 Euronews 0615 A Fê dos Homens

SIC

0630 Sic Kids 0815 Film TBA 0945 Film TBA 1100 Fátima 1300 News 1400 Film TBA 1600 Film TBA 1800 Film TBA 2000 News 2115 Charma a Música 2300 A Favorita 0030 CSI Las Vegas 0130 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI

0700 Diário da Manha 1015 Inspector Max 1100 Mass 1300 News 1400 Spyfame, film 1600 Snowboard Academy, film 1800 Spiderman, film 2000 News 2115 Flor da Mar 2215 Feitiço de Amor 2315 Olhos nos Olhos 0045 Alfie, film 0300 Sempre a Somar 0430 Hercules, mini-series 0530 Telesales

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Pick of the Day

Taggart (ITV1 Granada, 8pm)

There's been a murder. Good job, really, otherwise Taggart would be rather dull. When Polish security guard Zbigniew 'Ziggy' Lisowski is shot at the building site where he works, DCI Burke and the team are called in to investigate the murder. Ziggy worked for Livingston Construction, a building company who use Polish immigrant workers on site. Mr Fisher, who is in charge of overseeing the workers, immediately dismisses the idea that the shooting was something to do with either the workers or the company. Burke, however, takes an instant dislike to the man — is he covering up what happened? Ross and Reid go to Ziggy's flat to try and find some clues as to who would want to murder him, and they follow a lead to the Kaczynski Polish club. At the club they meet Paula, a Polish immigrant who was helping Ziggy with his English. When they take her to the station for questioning, she reveals she is trying to build a case against Fisher for his treatment of the workers. Meanwhile, elsewhere in the city a woman is found dead. The body belongs to receptionist Kate Booth. When Ross and Reid visit Kate's husband, Donald, they discover that she was a Polish immigrant. Could the two murders be connected?

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Game show, hosted by Jasper Carroll. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Eli is furious that Jasmine is saying too much when she tells Ashley that she has split up with Shane. Donna is upset when Ross decides to leave the village. (T)

7.30 Coronation Street. Maria asks Tom to help her get to the truth about Liam's death. Janice starts her community service at the hospital, and the Platts are horrified to learn the identity of their new neighbours. (T)

8.00 Airline. A big freeze across Europe brings chaos to Luton airport the day before New Year's Eve, and manager Lee Jones bears the brunt of passengers' dissatisfaction. (T)

8.30 Coronation Street. Maria questions Dev about the night of Liam's death, and Gail attempts to make peace with the Platts' new neighbours, while Tyrone takes desperate measures to allay Molly's suspicions. (T)

9.00 Taggart. A Polish man is killed on the building site where he worked and soon afterwards a female hotel receptionist is murdered in strikingly similar circumstances. When Reid and the team learn she was also a Polish immigrant, they look into whether the killings were ethnically motivated or if there is another link between the pair. Meanwhile, Ross puts his career on the line by spending the night with a woman involved in the case. Detective drama, starring Blythe Duff and John Michie. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Forensic Casebook with Matthew Kelly. How a doctor almost escaped justice after poisoning his family. (T)

11.10 Grimebusters. An enforcer in Wolverhampton tackles fly-tippers, a pest controller deals with an infestation of bed bugs and inspectors pay a surprise visit to an Indian restaurant. (R) (T)

11.40 Champions League Weekly. A look ahead to the final round of group fixtures. (T)

12.10 Nightwatch with Steve Scott: Crime. (R) (T) 1.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.00 Loose Women. (R) 2.45 Moving Day. (R) (T) 3.40 ITV Nightscreen.

MOVIES

Sky Movies Drama

6.15 On the Borderline 15 (1999) 8.00 Casino Royale 12 (2006) 10.30 Breaking the Surface: The Greg Louganis Story 12 (1997) 12.15 Julia Special 12.45 Columbus: Sex and the Married Detective 15 (1989) 16.15 The Real Hustle 7.15 Doctor Who 8.30 Clone 9.00 Little Britain 9.30 Summer Heights 10.00 Road Wars 10.30 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 11.20 Gimme Gimme Gimme 12.00 The Thin Blue Line 12.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.20 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Jim'll Fix It Strikes Again 3.00 Close TCM

1.00 Kim U (1950) 3.00 Blossoms in the Dust PG (1941) 4.50 The Teahouse of the August Moon (1956) 7.05 Hearts of the West PG (1975) 9.00 Reckless 18 (1984) 10.40 The Hunger 18 (1983) 12.25 Cool Breeze 15 (1972) 2.10 Little Caesar PG (1930) 3.30 The Catered Affair U (1956) 5.00 Colorado Territory PG (1949) The Disney Channel

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Road Wars 10.00 Ben: Diary of a Heroin Addict 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Caribbean Uncovered 2.45 Stargate SG-1 3.40 Stargate SG-1 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty! GOLD

6.20 Last of the Summer Wine 2.00

Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family

4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do' Ave Em 6.20 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 My Family 9.00 The Royle Family 9.40 Only Fools and Horses 10.40 The Royle Family 1.2

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Slammer; (R) (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. (T)

7.30 EastEnders. Whitney finally tells Bianca the truth about Tony, confessing they have been in a secret relationship for three years. Denying all knowledge, he says the girl is lying, but Bianca overhears a conversation between the pair that confirms her fears and she threatens to call the police; (T) BBC News; Regional News. (T) Holby City. Ric learns a drug-addicted patient was his late son Leo's partner. As Sam gets to know Kieron, he comes to realise what sacrifices his son is prepared to make for their relationship. It's Kyla's last day and Max has a surprise in store for her, while Linda begins to lose faith after spending the night at Callie's bedside. Daisha makes a big decision about baby Joe. (T)

9.00 Survivors. Abby believes her son may still be alive inside a nearby mansion, which has been taken over by a group of teenage boys. As she goes off to search for him, many of the others drift toward the security of Samantha's community with Tom seeing a chance for power. Greg and Anya are left to protect the survivors' house, but realise how vulnerable they are. Starring Julie Graham and Nikki Amuka-Bird. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 FILM: The Perfect Storm (2000). Disaster drama, starring George Clooney; (T) Weatherview. (T)

12.40 Sign Zone: See Hear. (R) (T) 1.10 Sign Zone: Oceans. (R) (T) 2.10 Sign Zone: Looking for Dad. (R) (T) 3.10 Sign Zone: Helicopter Heroes. (R) (T) 3.55 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amoreiras 1500 Paixões Proibidas 1545 Portugal no Coração 1805 O Preço Certo 1900 News 1945 Football: Basileia x Sporting 2130 Telerural 2200 Jogo Duplo 2300 Liga dos Últimos 0100 Impulso, film 0300 Portugal no Coração 0500 National Geographic: Eco-Engineering 0605 Nós

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Cuidado com a Lingua 1630 Euronews 1700 Zig Zag 1830 A Fôr das Homens 1900 2010 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Private Practice, series 2330 Nuremberg: Nazis on Trial 0300 Notícias da Dols 0300 Universidades 0200 Remix Stand Ups 0230 Câmara Clara 0340 2010 0415 Euronews 0545 Consigo 0615 A Fôr das Homens

SIC

0600 Sic Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI Las Vegas, series 0130 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI

0700 Diário Da Manha 1015 Vocé na TV! 1300 News 1400 As Tardes da Júlia 1915 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Felicidade de Amar 2315 Olhos nos Olhos 0015 Em Queda Livre, film 0245 Sempre a Somar 0415 TVI Negócios 0430 Hercules, mini-series 0530 Teleshow



I use it on our yacht

Visit the paper online

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

www.the-news.net

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather. (T) 3.05 CBeebies: Jokers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Slammer. (R) (T) 4.35 Election. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. As the Square feels the effects of Whitney's revelation, Phil, Max and Ian lead a group of angry locals to confront Lucas about his decision to hire Tony at the Community Centre. Bianca continues to struggle with the news and pushes Whitney to talk to the authorities, but the teenager vows never to speak about what happened; (T) BBC News; Regional News. (T)

8.00 Little Dorrit. The collapse of Mr Merdle's bank leaves the Dorrits ruined and Arthur in Marshalsea Debtors' Prison, where he falls gravely ill. As Amy cares for him, Rigaud re-emerges, ready to carry out his threat to Mrs Clennam and reveal all he has learned about the two families. Last in the series, starring Matthew Macfadyen, Claire Foy, Tom Courtenay and Andy Serkis. (T)

9.00 **Apparitions.** A sinister apparition of the Virgin Mary begins haunting a youngster, and Jacob fears Satan is playing tricks on him, as he also claims to have seen images of his dead father suffering in Hell. Meanwhile, Sister Ruth visits Vincenzo in prison and discovers the truth about Michael, but is surprised when Bukovak seems unwilling to contact the police. Martin Shaw, Rick Warden and Jamie Blackley star. (T)

10.00 BBC News. (T)

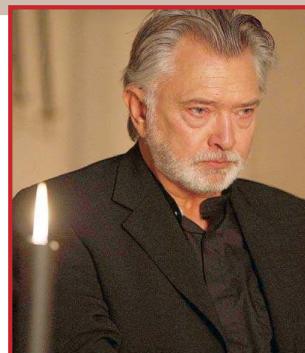
10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week. (T) Skiing Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: Countryfile. (R) (T)

2.20 Sign Zone: An Island Parish. (R) (T) 2.50 Sign Zone: Helicopter Heroes. (R) (T) 3.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Sontime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) MySay. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Numberblocks. (R) (T) 10.15 Get Squiggle. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flug It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 James May's 20th Century. The emergence of the teenager as a consumer. (R) (T) 7.30 James May's 20th Century. Advances in urban living. Last in the series. (R) (T) 8.00 The Hairy Bakers' Christmas Special. Dave Myers and Simon King cook for families spending yuletide apart. (T) 9.00 Never Mind the Buzzcocks. With guest team captain Omid Djalili. Last in the series. (T) 9.30 The Graham Norton Show. With actor Brendan Fraser. (T) 10.00 Lead Balloon. Rick has a humiliating experience at the theatre. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Louis Theroux: Law and Disorder in Johannesburg. (R) (T) 12.20 Seven Days. (R) (T) 1.05 Seven Days. (R) (T) 1.50 BBC News. (T) 3.35 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.30 The Class. (R) (T) 8.55 Fat March USA. (T) 9.55 Charmed. (R) (T) 10.55 Charmed. (R) (T) 11.50 Supporting Acts. (R) (T) 12.00 Showbiz at Noon. (T) 12.30 3 Minute Wonder: 12 Days of Christmas. (R) (T) 12.35 Supernanny USA. (R) (T) 1.30 FILM: Ladies in Lavender (2004). Premiere. Drama, starring Judi Dench. (T) 3.25 Countdown. (T) 4.15 Dear or No Dear. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rights Universal. A Christian who campaigned to end an extremist's detention. Last in the series. (T) 8.00 A Place in the Sun: Home or Away. Properties in Somerset and southern France. (R) (T) 9.00 The Pregnant Man. Cutting Edge follows the story of Thomas Beattie's pregnancy. (T) 10.00 Star Stories. Spoof version of Heather Mills' life with Paul McCartney. (T) 10.35 Russell Brand's Ponderland. (R) (T) 11.10 Fonejacker. (T) 11.40 The Law of the Playground. (R) (T) 12.40 4Music: MenCap Music Presents Little Noise Sessions. 12.45 4Music: 4Play: James Morrison. 1.00 4Music: 4Play: Aphabeat. (R) (T) 1.10 Coming Up: The Thai Bride. (R) (T) 1.45 FILM: The Diary of a Chambermaid (1946). Drama, starring Paulette Goddard. (T) (b/w) 3.15 Upstairs Downstairs Love. (R) (T) 4.15 Hill Street Blues. (R) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chirio. (T) 6.15 Franny's Feet. (R) (T) 6.30 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottie Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 Christy: Choices of the Heart. (R) (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Vets in Action. (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? Producing petrol and diesel at one of the UK's largest oil refineries. Last in the series. (T) 7.30 Five News Update. (T) 8.00 Secrets of Egypt: Sphinx. Unravelling the mysteries of the statue; (T) 8.00 Five News at 9. 9.00 FILM: Bad Santa (2004). Premiere. A drunken crook takes a job as an in-store Santa to rob the shop, but a bullied kid and a security guard complicate matters. Black comedy, starring Billy Bob Thornton. (T) 11.05 Danger Men. (R) (T) 12.05 Quiz Call. 4.00 UEFA Cup Classics. 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amar e Intrigas 1500 Paixões Proibidas 1545 Portugal e o Coração 1800 Portugal em Directo 1900 O Preço Certo 2000 2100 Grande Entrevista 2135 Jogo Duplo 2235 Corredor do Poder 2315 Cristóvão Colombo - O Enigma, film 0100 Manoel de Oliveira, O Caso Dete 0200 Lackawanna Blues, film 0330 Portugal no Coração 0530 Euronews 0605 Nos RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Cuidado com a Língua 1630 Euronews 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Balanço & Contas 0030 Notícias da Dots 0115 Universidades 0145 Remix Stand Ups 0215 Iniciativa 0300 Sociedade Civil 0430 Euronews 0545 Consigo 0615 A Fé dos Homens

SIC

0600 Sic Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Pódia Acabar o Mundo 2315 A Fábrica 0045 CSi Las Vegas, series 0145 Cartaz Cultural 0230 Todos em Linha 0430 Ciranda de Pedra TVI

0700 Diário Da Manha 1015 Vóce na TV 1300 News 1400 As Tardes de Julia 1700 Quem Gera Quem 1815 Morangos Com Açúcar 2000 News 2100 Flor do Mar 2145 Christmas Gala 0200 Cartaz das Artes 0230 Sempre a Sumar 0345 Até que a Morte nos Separe 0400 TVI Negócios 0430 Hercules, mini-series 0530 Telesaless

Moving with experience since 1934

Visit the paper online

www.the-news.net

ITV1

Pick of the Day

Apparitions (BBC1, 9pm)

If this supernatural drama is to be believed, exorcisms are 10-a-penny among people of faith. The reality is probably a million miles from what takes place here, but we have to admit, it makes for viewing. Here, Father Jacob (Martin Shaw) is approached by a young Muslim, Zaid (Jami Blackley), who insists he keeps seeing visions of the Virgin Mary. The lad tells the priest he has been shown visions of his father suffering in Hell, but Jacob refuses to listen, thinking Satan is playing tricks on him. However, matters take a turn for the worse when Zaid holds his Imam Ahmed (Hassani Shapi) hostage, demanding Jacob perform a reverse exorcism to free his father. While the priest hesitates, astonishingly, Bukovak (John Shrapnel) agrees to the ritual. Meanwhile, Sister Ruth (Siobhan Finneran) continues to try to find out the truth about Michael (Rick Warden), and visits Vincenzo (Luigi Oliberti) in prison. He insists that although Michael was innocent, he was responsible for Vimal's demise. The inquisitive nun tells both Jacob and Bukovak, but neither man of the cloth is in any hurry to involve the police. Why are they so reluctant?

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.25 Engie Benji. (R) (T) 5.35 Captain Mack. (R) (T) 5.45 Meg & Mog. (R) (T) 5.55 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Luncetime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. As the day of the choir contest arrives, David and Pollard plan to sabotage their efforts and disgrace Nicola in the process, and Val agrees to mime while Denise sings backstage. Rodney makes a final effort to persuade Lily to tell Edna about her condition, leading to a heartfelt moment between the two sisters. (T)

8.00 The Bill. Part two of two. Jo bonds with a teenager being groomed by the traffickers and Mickey leads a sting to catch the ringleader of the operation. But when the alarm is raised too early, they have insufficient evidence to hold their man, and news then reaches the police that the gang is moving a large group of girls to Glasgow. The race is on to track them down, but Jo's anxiety to save the children clouds her professional judgement. (T)

9.00 Real Crime: James Bulger - A Mother's Story. Mark Austin narrates the story of Denise Fergus's efforts to create a fitting memorial for her son, who was only two years old when he was abducted from a Merseyside shopping centre and murdered in February 1993. In the year of what would have been James's 18th birthday, Denise reveals why she is working toward something positive in his memory. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Comedy Classics: On the Buses. Repeated as a tribute to the late Reg Varney, a look back at the Seventies comedy reviving around lovable bus driver Stan Butler, his down-to-earth family, best friend Jack and their arch-enemy Inspector Blakey. The programme also includes classic episode Brew It Yourself. Narrated by Ronni Ancona. (R) (T)

11.40 The Last Word.

12.10 Nightwatch with Steve Scott: Mystery. (R) (T)

1.05 Motorsport UK. (T) 1.30 Quincy ME; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) (T) 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Newsround.

REMOVALS

REMOVALS

- Local and International
- Fine Art Packing
- Door to Door Service
- Agents Around the World
- 40.000 m3 Storage Capacity
- Record Storage
- Insurance

REMOVALS

- Local and International
- Fine Art Packing
- Door to Door Service
- Agents Around the World
- 40.000 m3 Storage Capacity
- Record Storage
- Insurance

E-mail: Lisbon@galamas.pt - <http://www.galamas.pt>

Tel. (351) 214 443 021 - Fax (351) 214 444 817

Av. Salgueiro Maia, 840 - Abóboda - APARTADO 91 - 2776-902 CARCAVELOS - LISBOA - PORTUGAL

Galamas



All the latest
headlines at
www.the-news.net

THE PORTUGAL
News

Hi There !



Aladin was brought at the sanctuary 3 weeks ago and I haven't found his owner. He might have been dumped in the street and I am sure he still can find a new loving home. He has been wormed and defleated and he is castrated. Aladin will need time to adapt to a new home, he is affectionate but doesn't like other cats. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Aïcha is a very young siamese cat. She is 6/8 months old and she is very sweet. She loves people and deserves a nice loving home. I don't have time enough to spend with her but maybe you do. Aïcha has been wormed and defleated. She hasn't been spayed yet. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Rosy is one of the many puppies which are waiting for a nice loving home at the Sanctuary. They are many different ones, different sizes and colours. They are all wormed and defleated and some are vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



White boxer bitch ca. 3 years old abandoned on a building site is looking desperately for a new home. She is very friendly, but shy. Please contact Sylvia - T. 919 154 544. If you have a garden and want a pet or know of anyone who does, please call the number above.



SHIVA - needs a loving home. We found him 2 weeks ago in a very fearful and sorry state. We don't live here full time, but could not leave him. Shiva is medium size, about 1 year old, very locable, gentle and quite happy outside in the garden. Shiva is fine with other dogs and happy in the car. He has been wormed and defleated and has now started to wag his tail and play ball. He is totally adorable and will love you forever! Desperately needs a home before 20th December.

PLEASE CALL 915 544 704



ADVERTISE ON
THIS PAGE



Call Bella Talhadas 707 500 655 or
e-mail sales@the-news.net

Christmas Fun and Games



I know I end up doing a short piece about Christmas and pets every year—but having talked to several folk it was decided best to just recap. So here we go.



Chloe, Cleo and Merlin in festive mode!!

Stress, stress more stress. Extra visitors, children in hyper mode, corks popping, crackers, party poppers, phone ringing, door bells. It all happens in a busy house over Christmas. In the middle of this, we have some very confused dogs—and probably cats, but they would be sensible and hide in the wardrobe!! How on earth can we expect our dogs to be on their best behaviour when to all outward appearances their little world has collapsed in a heap. Someone is on 'their' chair, they are not allowed in the house because a visitor doesn't like dogs. All in all a nightmare time for our confused dogs. So a few little tips.

First and foremost food. I have always found it best to try and stick with the normal food regime.

Chocolate and raisons are a 'no' unless doggy chocolate that is. And Cleo and Merlin that applies to the carrots as well. Turkey—now lots of my family members in the past have piled all left over Christmas dins on the dogs' plates as a treat for them. The result, invariably being, that dog or dogs proceed to have a stomach upset of the most unpleasant nature which invariably involved me in the clean up process. This has now been banned!! As a precaution keep all food out of the way, and this goes for the tins of biscuits, nibbles and boxes of sweets. Edible tree decorations, even non edible tree decorations, guests should be warned to keep everything well away. I

well remember Brandy helping himself to a guest's birth control pills when left on the floor in a room with an open door. Plates, cups and drinks get put on the floor really, the self control is needed by a dog to avoid them yes, the more mature may ignore, but I defy the youngsters to, and a glass of sherry or baileys is not what the furry friends need.

It is a good idea to provide a safe, quiet area for the dogs to hide, like putting the doggy crate in a room protected by a kiddies gate. At least that gives them somewhere to call their own away from the mayhem that is sometimes a grown up Christmas.

Kids and dogs do not necessarily mix at Christmas time however as much as they may be best friends the rest of the year. Picture the new wooden train set, all set up across the floor, in bounds the dog and knocks it flying—even worse if a really expensive electric train set. The children will scream and the dog will wonder what on earth is going on, why is HIS floor full of something strange. So again, keeping the dog in a calm area would be better for all.

If you have more than one dog—as I seem to have!—you have

to watch if they do not all fall out over their presents, I suspect my two PWDs are the most likely candidates for that being Brother and Sister

The really best way to cope is to try and keep the dogs to their normal routine, breakfast of their normal food, followed by a walk. Cuddle up in their bed or crate whilst dinner is prepared, stop there while dinner is eaten. Another walk before dinner IF you are still that energetic. Make sure that the dogs know who is in charge at all times, they do not need to get all 'self important', I can imagine Merlin doing that and strutting around the house like Mr Big, me in charge.

Christmas in the Algarve is different, we always enjoy a beach visit with them, we often have lunch in the garden and perhaps, well not in this house anyway, the Christmas day is not quite the high stress level that perhaps it was in the UK.

Enjoy your days, doggies and grown ups and try and keep one step ahead and out of the Vets.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

Copyright © 2008

Jan Cobley

Paws 4 Pets 916 273 376

If you found or lost a pet, send a photo with details to:
copy@the-news.net or
raquel@the-news.net

LOST

Algarvean Mountain Dog

Disappeared on Wednesday, 29th October 2008

Location: Carvoeiro - Lagoa

Name: Koelo

Male, young, medium height, black and white dog.



When Koelo disappeared, he had a red collar with a telephone number. His coat is predominantly black, being white on his chest, tip of tail, paws, nose and between the eyes (just like in the photo - left). He is slim and long (weighed around 14Kg) and has a furry tail. He is very playful, loves children and very kind, but shy. I am afraid that he is far away, for he knew Carvoeiro well. If you have any information on Koelo's whereabouts, please call: T. 917 408 325 / inoitogi_93@hotmail.com info: http://www.encontrame.org/anuncio/5794

Christmas Memories



For me, being a bit of an emotional person, Christmas brings back so many happy memories of past treasures. Some chaotic memories as well. Quick rundown.

Moppet, my first Old English Sheepdog had a first Christmas I will never forget and how I kept out of the divorce courts I do not know. Moppet was about 7 months old and should really have known better, BUT it has to be

said that I was at fault as I was young, silly and had not attended training classes. So — we attended a meal out on Christmas Eve, leaving Moppet and Brandy (Manchester Terrier) in the house for a couple of hours. That

actually passed with no serious problem. The next one was the one that broke the 'camels' back. Having returned home we then made a decision to attend the Midnight Carol Service. Whilst at home we had walked the dogs and I had put finishing touches to dinner for the next day. We were out at church for one hour. We returned back to a demolition zone. I rushed Jim to the safety of the television, children to bed and returned to count the damage. An impressive list! All the main cushions of the 3 piece suite were all over the floor in various stages of destruction, foam everywhere — it has to be said it was an expensive one. Obviously, the scattered cushions had joined the muddle on the floor, covers ripped. Move on to the kitchen. All food was right at the back of very high and wide working surfaces well — WAS, was certainly the word. Plates were over the floor, food eaten. Even plates had been taken off the back of the cooker. That was Christmas 1981 and never forgotten — very expensive.

My other memories are better, Moppet went on to be a well behaved and lovable OES, with many winning ways and he liked his Christmas presents, he would always unwrap them himself. Lennie gave me many happy memories — he seemed to get into his Christmas mode when the



This is Lennie, Maisie and Sandy at Lennie's birthday party just before Christmas one year. Memories and tears.

decorations went up and he and Sandy would get so hyped up about it all. He would start as I was writing the cards and wrapping the family presents — he would jump about, run off with things and generally add to the mayhem. I always used to do them stockings, wrap up dog biscuits, bonios, squeaky toys, pull toys. They used to know what was going on and would keep me amused for days as they rooted around the bottom of the tree to find their own 'presies'. So many traditions now lost as they have both gone to the rainbow bridge. I miss them both so much — all the time but these next few weeks are going to be difficult. Lennie, Sandy and Maisie all had Christmas hair bobbles — all of which I still have, they also had their Christmas hats and would spend happy moments trying to throw the hats off.

After lunch on Christmas Day there was always the rush for unwrapping presents and the dogs always had their own pile in front of them. We all then used to ban them from opening the others presents, so there was the surreal picture of Lennie, Sandy and Maisie sat there looking at us as if we were completely mad — which of course we were. Then they would spend the next hour

quiet night — however the person did lose the job over it. I was lucky as I knew how to deal with an Addison's Crisis so was able to deal with it myself, it was scary but we coped.

Since being here we had to, one year, rush Julie's GSD Jess to the Vet as she had wondered out of the gate, (after guests had left it open) — she had been poisoned. So, again off to the Vets at 15.00pm on Christmas day, thank you to Claudia for being there!

This year will be a strange one. First Julie and family will be with friends. Second, obviously we are missing Lennie and more recently Sandy and Maisie. Third we will have a new puppy running around, she will be adjusting to life and no doubt the rest of them will be adjusting to the extra member of the family. We actually intend to pile all fury friends in the car and go to one of our favourite beaches with a picnic.

Happy memories are the best and in time we remember them without sadness — I am not there yet!

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

Copyright © 2008
Jan Cobley
Paws 4 Pets 916 273 376



Joanhina: two weeks ago a volunteer from Bianca shelter saw this female of 4 months being thrown out of a car on a national road. She immediately stopped her car and ran to save her. Fortunately the dog did not have anything broken. No one else stopped. Joanhina is now with us, the Bianca shelter in Sesimbra waiting, like many others, for a good home. If you live in the area of Lisbon and would like to have a dog or cat, please contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need rehoming. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet.

sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>



Please note that we are already selling our Calendars 2009 with beautiful pictures of Bianca dogs! You can order them by sending us an email to: lojinha@bianca.pt By buying it, you are helping our animals. Thank you.

KEEP YOUR PETS WARM AND FREE UP YOUR BED!



Silves: 10:00-16:00 Mon-Wed & Fri (Lunch 1-2)
Albufeira: 10:00-19:00 Mon-Fri, 10:00-14:00 Sat

Snugglesafe Heat Pads.
Minutes in the microwave
up to 10 hours warmth

Paws 4 Pets
The Best A Pet Can Get



Tel: 289-588-882
Jan: 916 273 376
www.paws4pets.net

Opposite the Roman Bridge in Silves and on the Montechoro road from Ferreiras into Albufeira near the Galp station

To advertise on this page
sales@the-news.net



Luxury Cat Hotel

in beautiful
woodland setting

24hrs cuddles + care

Open all Year

Near Caldas da Rainha
Tel: Moni, 913 013 931 or 262 999 050
e-mail: lemontreehouse@sapo.pt

my friend
PetShop

Open Monday - Friday
09:30 - 13:00
16:00 - 20:00
Saturday
09:30 - 13:00

Grooming
By certificate groomer
(awarded with several prizes including
Portuguese "Tesoura de Ouro"), only using
natural products.
Stripping available



Rua Teixeira Gomes, LT 18 CV/B
Lagos - close to CTT Ameijeira
Tel. 282 761 524
937 603 274
myfriendpet@sapo.pt



Merry Christmas!
from all the crew
at VIP



Veterinary Surgery

See in store or visit
our website for
Christmas promotions

www.vipveterinariansurgery.com

- Book by appointment
- Air conditioned waiting area
- Quality Anesthetic and Oxygen
- English speaking (Portuguese translation available)
- On-site Xray facilities
- Friendly staff
- State of the art hospitalisation facilities

VIP service... Portuguese prices

Tel: 282 782 282

ADVERTISING & PUBLICITY

mp3voiceovers.com



Cost-effective professional custom voiceovers

Professional custom voice tracks for:

radio stations, commercials, promos, television, corporate video narration, telephone answering machines, on-hold messages, in-store announcements, interactive multimedia... and much more!

Delivered as MP3 or WAV files

www.mp3voiceovers.com

Tel +351 96 5027 007

ALARMS

Response Alarms

Home Security Systems

- All areas covered
- CCTV
- Window Grills
- Wired / Wireless Systems
- Security Lighting
- Electronic Gates
- Maintenance & Service
- No contract required

We are using the latest technology in wireless systems
Quick installation and no unsightly wires in your home

Call us now for more details - Security made simple



918 987 093

email: paul-responsealarms@hotmail.com

ANTIQUES

INVEST YOUR MONEY IN ANTIQUES

ANTIQUES

Fred Peeters - Dutch Antiques Dealer

Largest Collection of European Antiques in the Algarve
400m2 showroom

- We buy and sell quality antiques •
- OPEN ONLY Sat & Sun
10.30 - 17.00 inc. lunch hour
or by appointment

Tel • 282 338 602

Quinta das Cortes, 316 • EN 124 Grelheira • S.B. Messines

ANTIQUES & DECORATION

Rua São José 1º
8365-063 Algoz
Opposite Post Office
Tel 282 574 158
Mob. 964 188 791
E-Mail. jenniesayer@aol.co.uk
Open Monday - Friday 10-30 - 5.30

- * ANTIQUES BOUGHT AND SOLD
- * RESTORATION SERVICE
- * GILDING & PAINTING
- * VALUATION SERVICE
- * INTERIORS ADVICE

BLINDS

M2M BLINDS
see how we measure up

- Made to measure Vertical & Roller blinds specialist
- All other types of window blind available
- Choose from our extensive range of fabrics including Solar reflective & Blackout
- Covering the whole of the Algarve, and Portugal
- Free measuring & fitting
- Domestic & commercial applications
- All products carry a 12 month guarantee

WINTER OFFERS
10% DISCOUNT off ALL products



M2M BLINDS - We come to you

Phone now for a free no obligation quotation
Contact Denny on 286 518 059 or 932 894 709
www.m2mblinds.com m2mblinds@hotmail.com

Curtains, Blinds & Soft Furnishings

We are a well established UK company, working with landlords, furniture companies & the general public, offering Quality made to measure curtains, all types of blinds, & soft furnishings throughout the Algarve & Southern Spain.

On sight consultations, FREE measuring & fitting service. Please contact Wendy at blindproductions@btconnect.com
UK office: +44 (0)161 626 4200
Portugal: 915 562 903

blind
productions

BOOKS

ALGARVE



Edifício "O Galeão" Loja 1
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA

BOOK

Temporary Tel. n°
282 354 310

CELLAR

Tue - Fri 9.30 - 5.00 Sat: 9.30am - 2.00pm
raymond.compton@netvisao.pt

English Language

Book Exchange

Refunds on return

New books to order

Audio Books

C.D.'s Cards

Videos

CARPENTRY

THE WOODENTOPS
CARPENTRY WORKSHOP

30 Years + Experience in the Algarve

Our qualified joiners and cabinet makers provide a bespoke service making anything in wood



Furniture Restoration • Custom Made Kitchens

• Display Units & Shelving

All Bedroom Furniture • Tables for all occasions

• Wooden Houses • Windows & Doors

• Pergolas & Decking • Wooden Kennels



• Building Services • New Builds & Restorations
• Maintenance & Repairs • Electrica & Plumbing

Tel: 289 396 909 / Mobile: 966 001 922

Vale Formoso, Almancil

Email: theworkshop@sapo.pt

COMPUTERS

100s of the latest models from leading manufacturers. With English keyboard and operating system.

ALGARVE LAPTOPS



LAGOA →
PORCHES ← E.N.125 → AQUALAND ←
T: 282 312 044
M: 913 087 160
sales@algarvelaptops.com

BUREAUCRACY

CM

Problems with administration, documents, etc?

We can help you!

Accountancy, IRS, IVA, residência, driving license, car importation, registrations, etc...

cm@netvisao.pt | open Monday to Friday 9.30am to 5pm
Rua Dr. Francisco Sá Carneiro | Lote 23 | 8600 Lagos

Tel: 282 085 074 | Fax: 282 086 446 | Mob: 919 824 370

TOFTS

Paul Tofts

Decorating & Painting

After 6pm

Mob: 918 938 004

Tel: 289 399 370

EDUCATION



CLCC

CENTRE FOR LANGUAGES, CULTURE AND COMMUNICATION

LEARN

and get connected

Intensive courses (3 weeks)

Beginners courses (32 hours)

Intermediate courses (32 hours)

Conversation courses (year-long)

recognised by:



Portimão - Jardim Gil Eanes - Tel: 282 430 250 internet: www.clcc.pt e-mail: geral@clcc.pt

- * English Sausages
- * Bacon & cuts of meat
- * Other South African Products
- * T-Bones
- * South African Sausages (wors)
- * Ham off the bone

THE ENGLISH BUTCHER
Rua da Rep'blica, 14
8135 ALMANCIL

Tel: 289 395 859

Res: 289 397 289

Mob: 965 864 682

Centro de Línguas de Lagos

- Learn Portuguese in small, friendly groups - various courses starting in January
- Individual lessons and evening classes available
- English, German, French and Spanish courses
- Recognised by the Ministry of Education

Tel: (+351) 282 761 070 | Fax: (+351) 282 761 070

email: centro.de.linguas@mail.telepac.pt | www.centrodelinguas.com

Rua Dr Joaquim Tello, n° 32, 1º esq, 8600-583 Lagos

HEATING & COOLING



Air conditioning & heating units

Central Heating

Swimming pool heating

Automatic pool covers

Solar hot water heating systems

Dehumidifiers

Jacuzzis

Vale de Lousas • EN 125 • Alcantarilha
Tel 282 314190 /322 172 • Fax 282 314 191
email: sacl@mail.telepac.pt

DOMUS Heating **DEVI importer**

Your specialist in electric underfloorheating

IDEAL for the Portuguese climate
only DOMUS uses insulation material originating from the aircraft industry. Intelligent self learning thermostats ensure a perfect temperature with minimal energy use.

see how it works

Visit our website at : www.domus-heating.com
feel the warmth

DOMUS Heating - Devi Importer and distributor
EN 125, Sítio Benfarras, 8100 Boliqueime
tel 289-322 852 - fax 289-322 894

MC
Mister Cool

Keep warm with Mister Cool this winter

- Airconditioning
- Refrigeration
- Solar panels
- Maintenance
- Pool construction, heating & covers
- Automatic pool covers
- Central vacuuming

Air conditioning by: **FUJITSU GENERAL**
DAIKIN **Haier** **AC CONDICIONADO**

Solar panels by: **Solahart** **rigsun**

Open Saturday morning
Rua Mouzinho de Albuquerque
- Lagoa Residence 2 - Loja 3
8400 LAGOA - Algarve • Tel./Fax 282 381 364
Email: mistercool_telmorodrigues@hotmail.com

Telmo Rodrigues
Mobile: 917 175 818

We're in the business
of keeping YOU in business.
Call Bella on 707 500 677



The CHEAPEST way to heat your house

NO gas, NO oil, NO maintenance

www.domus-heating.com

EN-125 Sítio Benfarras, Nº 552-a Boliqueime

Tel: 289 322 852 • mail domusheating@mac.com



Air Conditioning
Solar Energy

HOT WATER
AIR CONDITIONING
CENTRAL HEATING
UNDERFLOOR HEATING
SWIMMING POOL HEATING

AGENTS FOR:

*Ariston*Solahart*Sonnenkraft*

*Carrier*RocaYork*Hitachi*Sharp*

FREE ESTIMATES
PLEASE CALL:

Mobile : 913 511 140
Tel.Fax. 289 302 798
Edf. Edisol Rua Leste 3
Quarteira 8125 Algarve

Fires Of Portugal

Woodburning



Geoff Waller's on site advice and quotation.

Small building works, servicing and repairs.

Reconditioned fires.

Importers of the best in woodburning.

TEL. 289 489 958 • MOBILE: 967 721 209

carolinsalir@mail.telepac.pt

Villager Aarrow fogo montanha

DO YOU WANT TO SAVE MONEY?

Let us show you how!!!

FACT

As from January 2009, all buildings will require
energy efficiency certificates

Why choose Solar Heating?

- Imagine Free hot water for your home!
- Government Tax incentives!
- Increase the value of your property!
- Reduce your carbon footprint!

All systems come with **Euro Solar NRG** warranty and price guarantee!
Contact us for a FREE No-obligation quote

EN125 Vale Do Lousas
Alcantarilha
Silves 8365-306
Portugal
Tel: (00351) 282 313 786
email info@esnrg.com



The Heating Panel you've
been waiting for!



- ◆ Economical to run
- ◆ Six sizes ranging from 80W to 750W
- ◆ Economical to buy
- ◆ Slimline Design
- ◆ Easy to Install (No plumbing work or structural alterations)
- ◆ Silent to run (No smells, fumes, or sparks - No moving parts to break down)
- ◆ For use selectively to combat condensation and damp



Strada Nacional 125 • Sítio do Carmo
8400-405 LAGOA • Fax 282 353 934
282 353 022 • 282 353 403 • 282 353 327
email: sales@heatwafer.com • www.heatwafer.com

LAWYERS

Ana Luisa Duarte

ADVOGADA
LAWYER
RECHTSANWALT



Rua Francisco Xavier Ataíde de Oliveira, 33-A
8600-775 Lagos - Portugal
Tel. +351 282 792 766 - Fax. +351 282 764 002
E-mail: anaduarteadv@hotmail.com

LOCKSMITH

A . L . S

ALGARVE LOCK SOLUTIONS

Fully Qualified
British LocksmithMake sure you add this number to your phone book
(+351) 919 224 14224 Hour
Call out

CERTIFIED LOCKSMITHS ASSOCIATION

Pools

www.poolsafe.eu - Algarve

Is YOUR pool childsafe for 2009?
Covers & Nets
Metal & Vinyl Fencing
Glass Fencing
Roller Covers

Call us now for an obligation free analysis of your pool safety requirements for 2009. New EU regulations will soon be proposed by Algarve câmaras to prevent further child fatalities

email info@poolsafe.eu
tel 289 591 662

HEAT YOUR POOL or SPA THIS AUTUMN
POOL HEAT PUMPS FROM AUTOHEAT
START AT €1,250. +IVA

AQUAMAT AUTOMATIC ELECTRIC POOL COVERS
10 X 5 POOL FROM €5,700. +IVA



Example 10 x 5 Pool €3,950. +IVA
Including Installation



SPECIAL
PRE SEASON OFFER
HEAT PUMP & COVER
€9,500. +IVA
(10 X 5 RECTANGULAR)



PHONE 282 322 502
FOR A QUOTATION FOR YOUR POOL
www.autoheat.com • autoheat@mail.telepac.pt



POOL HEATING

Air Energy Heaters - The leader in economical pool heating

- Digital Control
- Titanium Heat Exchanger
- High Performance - low power consumption
- Est. Over 20 years

SAFETY FENCING - KEEP KIDS SAFE



Easy for Adults - Safe for Kids
Your child is safe even while you swim
Can be completely removed or replaced within 2 mins.
Developed over 30 years ago
99% transparent 'Securitex' mesh
Helps prevent debris from reaching the pool
Weather resistant • Professionally installed

PURE POOLS PISCINAS PURAS LDA
Tel: 282 760 033 • 919 517 868 • Fax 282 760 034
purepools@yahoo.com • www.purepools.com



AQUA PURA LDA
POOL COVERS
NOW AVAILABLE: COVREX - the World's Strongest
Automatic Pool Cover.
also manufacturer of manual solar pool covers
Try working with the Professionals!

Tel: 282 763 605 • Fax: 282 782 219 • Tlm: 96 7025 157
info@aquapura.com.pt • www.aquapura.com.pt

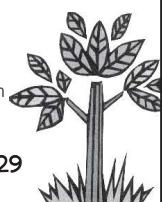
www.the-news.net

PROPERTY SERVICES

Norman Groundworks
For garden planning and construction.

Construction of terraces, patios, paths, driveways, access roads, pergolas, shade areas, ponds, lakes, water features, installation of hedging, fencing, land cleared.

For quotation call Norman now
on 282 332 899 or 963 134 129
ngw@clix.pt



Livingston's PAINTING
Interior & exterior
Highest Quality & Standards
Call Shanny: 917 511 550
email: livingstonspaint@clix.pt



GFS Metalworks

Specialists in Secure Ornamental Metalworks
• All general steel fabrication
• For a Free Quote, Design Service
Call Roger 933 402 261
Call Andrew 933 555 387
Office: 282 449 270
www.gfs-metalworks.com
info@gfs-metalworks.com



Your professional
drain cleaner
best results

PROFILIMPO

Root removal, power jet cleaning, camera inspection, electronic blockage detection

Tel. 914 145 117 - Thomas Grünberg

Call our hotline on
707 500 677

Are you an ex Speed Frame client?



No need to worry about maintenance and service

We are experienced ex Speed Frame technicians with a wide knowledge of this product.

- Your frames need a brief and inexpensive maintenance every six months to keep them working smoothly
- As Speed Frame is no longer in business in Portugal, service is not available from them, but we can perform most repair and maintenance tasks, and we can obtain many original parts, if needed



PVC Directo
We double the glazing - Not the price
Tel: 916 184 148 • 969 410 952
pvcdirecto@gmail.com

Blocked Drains? Call: ANDY
• Personal
• Professional
• Guaranteed Service at all times
drainking8@aol.com



DRAIN KING ESGOTO-REI
Tel/Fax: 282 471 335 | Mobile 918 647 305

Hotline: 707 500 677

REMOVALS & STORAGE

UK • BENELUX • FRANCE



- Removals to and from all Europe
- Packing Service available
- Storage
- Free estimates
- For more information, please call 00 351 965 653 025 (Mr Curado) or

email: mudatudo@iol.pt • www.removalstoportugal.com

Our
advertisers
know
how to
move
you!



AIM

Removals & Storage

On-site secure storage
Local, National, UK and European removals
International shipping • Professional packing service
Call into our office or visit us at www.aim.com.pt

Parque Ind. do Infante • Unit 8 • EN 125 • Torre • Odiáxere
Tel: 282 799 141 • Fax: 282 799 146
Email: info@aim.com.pt



NEIL & EMILY RICHARDSON

Members of
British
Portuguese
Chamber of
Commerce

Removals & Transport * Packing
Service & Storage * Local, National & U.K. * With 20 years experience
We offer the Personal Touch

Mob: 939 486 870, 939 486 807, Tel: 281 963 191
neilandem@sapo.pt • www.ne-internationalremovals.com
UK office: 0044 (0) 1268 523 029

REMOVALS & STORAGE

- * Local, National & European Removals
- * Scheduled Route - Portugal-UK-Portugal
- * International Shipping
- * Storage * Packing
- * Long established & professional service

New Concept International

Armazém 3, Sítio do Além, Almancil.

Tel.: (00351) 289 395 105

UK: 08 450 046 827 Mobile: 968 031 955

Email: d.wright@mail.telepac.pt www.newconceptint.com



SELF STORAGE

- * Individual locked units
- * Daily access
- * Dry and Clean
- * For homes & business

* Also storage for cars & caravans etc.

Urb. Industrial Marateca, lote 26 - Chicinato - 8600 LAGOS
Tel / Fax: 282 798 490 - Telem: 917 010 365
www.u-store-portugal.com • info@u-store-portugal.com

Weekly removals service to and from the UK, Algarve & Ireland



With full packing & storage facility in the UK & Algarve, from 1 box to full or part load shipments. Transportation of cars, boats & motorbikes. Local removals and deliveries within the Algarve. Guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ
UK - Tel: 0044 (0) 1245 468888 • Mob: 0044 (0) 7711 179842
Algarve: Tel: 289 513 851 • Mob: 969 134 801
Email: sales@algarveremovals.com
Web: www.algarveremovals.com

View these pages FREE on-line at www.the-news.net

SATELLITE TV



"The Latest equipment at the lowest prices"
All Satellites TV (English, German, Spanish, Dutch, French, Italian, Arabic, Russian TV...)
Digiboxes (SD, Sky+, HD, MultiCAM, PCMCIA, New Freeview digibox)
MultiCards & Much more
All BBC & ITV + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
Get 350 TV channels & 200 Radio stations FREE
Terrestrial TV (Portuguese channels) FREE
Cable TV (Knowledge + News + Music + Kids + Movies + Series + Adult + Video on Demand)
VCR, DVD, Internet (Broadband)
Audio (Hi-Fi, Background sound, Home cinema)
CCTV, Intercoms, Domotics
High-quality systems installed by qualified engineers
Installations and technical support within 24hrs (a 3-Year Guarantee)
Tel: 964890260 Email: skynet@live.com.pt



Custom made solutions for Satellite TV and Multiroom Audio and Video Installations

Authorized dealer



Call or email us
282 410 400
E-mail: info@tv2029.com

Marc Electrónica Portimão
Behind the total gas station at the entrance to Portimão

Marc Electrónica Almancil
On the main road through Almancil, next to showworld

Sítio do Poço Seco, Arm.5, Cardosas, 8500 Portimão

Avenda Engenheiro Duarte, Nr. 51, 8135 Almancil

Tel.: 282 410 400 - Fax: 282 410 406 - E-mail: Info@TV2029.com - www.TV2029.com

Sky Realm

In association with SKYVIEW

Portugals Official Sky installers!
DON'T LOSE YOUR VIEWING AT NIGHT!

NOW
AVAILABLE



BBC
Full Installations from ONLY
€395



Sky Plus & Sky HD
upgrades

* Our engineers are Sky UK trained *

We correct ALL problems on other companies work!
ALL AREAS COVERED

Algarve 918 887 775

Lisbon 918 262 108

Email: skyrealm@hotmail.co.uk

THE PORTUGAL NEWS
REACHES THE PARTS
OTHER PUBLICATIONS
CANNOT REACH



OVER 20,000 COPIES
EVERY WEEK -
MORE THAN ANY OTHER
PUBLICATION IN ENGLISH



The 6th largest
weekly newspaper
in Portugal, in
ANY language!

TEL 707 500 677

New Business?



The Portugal
News has a
Launch Package
to get you started
For info, please email bella@the-news.net

Special
HEALTH
INSURANCE for Readers

10% off your first year's premium

FULL COVER

The Portugal News has arranged an excellent health insurance policy for readers at very competitive rates. Even the most basic policy covers treatment anywhere in Europe

Examples of potential annual savings:
(compared to competitive cover)

Single Man aged 28

Save up to €500 a year

Couple aged 43 & 35,
with 2 children 10 & 7

Save up to €1,500 a year

Couple aged 58 & 52

Save up to €1,800



GREAT SAVINGS

✗ Standard cover level up to €855,000

✗ Standard policy covers treatment anywhere in Europe*

✗ Hospital fees paid direct, no need to reclaim from insurers**

✗ Excellent cover, three levels of protection available

✗ Corporate and group discounts

✗ Worldwide Travel Insurance available

✗ Policies issued by Journeyman Services Limited (UK Brokers)

✗ Underwritten by Lloyds

* (Worldwide also available)

** (underwriters need to be advised in advance)



707 500 028

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 3.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, SÃO PEDRO DO ESTORIL Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Link of Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing thru their website www.ggw.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed!

RIVERSIDE INTERNATIONAL CHURCH Ofiice: Rua São José, 178, 1. dto, Fontainhas, 2750-134 Cascais, Phone: 214836590, Fax: 21 4836592. Church: ABLA (next to Riviera Hotel), Praça Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Cascais. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Cascais every Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praça Carlos Capitão, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm; all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPELOF ST. PIUS X: PRIORADO S.P.I.O.X. Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 5391. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest:

Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge, Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England) Av. Bombeiros Voluntários 59 (beside Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua da Muralha. Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Amália 13, Lisbon. Sun. 11.00. Minister's Tel. 214 837 885, www.standrews-lisbon.com

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. da Síntia, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praça Almada Negreiro, Lote 213 Loja Dto 17º A) Chelas Corps (Rua de Sousa, Lote 65 A loja C) Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am; Salvation Meeting 5.00pm; Pichelaire Corp Rua Capitão Ribeiro, Pichelaire, Lisbon (21) 807508.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rua de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counse

ling. (Tel. 21 2461598).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213931130 Fax 213864304 e-mail: celeste@qmail.telepac.pt

BAHÁ'Í FAITH - Av. Ventura Terra, nº1, Lisboa, Tel: 217 590 474. E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queluz (close to Cascais) Rua Carlos Santos 85, Queluz. Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 9pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 6.30pm. Tel: 213 421 604. No collection.

THE ALGARVE - Public Talk in English. Rua João "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm; all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEROF ST. PIUS X: PRIORADO S.P.I.O.X. Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 5391. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest:

St Luke's, Monte de Palhaqueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 or 960 559593. 9.30am Missa N. Sr de Fátima, EM125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302 8.00am and 12noon Igreja N. Sr da Luz. Praia da Luz (near Lagos) More Info: www.alsaintsalgarve.org

ALL SAINTS ANGLICAN CHURCH, ALGARVE -Contemporary, Evangelical worship. Sundays. Holy Communion Service with Creche and Adventurers. 10.30am Community Centre, Almancil (ASCA - Associação Social e Cultural de Almancil). Service Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.alsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA -Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 pm. Sundays 10.00 am. Tel: 288 764 940 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY, LISBON Reboleira Corps (Praça Almada Negreiro, Lote 213 Loja Dto 17º A) Chelas Corps (Rua de Sousa, Lote 65 A loja C) Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am; Salvation Meeting 5.00pm; Pichelaire Corp Rua Capitão Ribeiro, Pichelaire, Lisbon (21) 807508.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rua de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counse

ling. (Tel. 21 2461598).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213931130 Fax 213864304 e-mail: celeste@qmail.telepac.pt

BAHÁ'Í FAITH - Av. Ventura Terra, nº1, Lisboa, Tel: 217 590 474. E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queluz (close to Cascais) Rua Carlos Santos 85, Queluz. Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm; all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEROF ST. PIUS X: PRIORADO S.P.I.O.X. Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 5391. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest:

MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to: EPH4v11-12 Prophetic Worship, and a Holy Spirit inspired Word. We invite you to come and drink of the New Wine . English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9:30 pm Al Rua, Hospital São João De Deus, 300m North of the traffic lights at the Interchange Supermarket on the left next to the video shop. English tel. Michael & Yoka 289 782 845 Portuguese tel Ana 934 241 766 email filian@saop.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 59151

SALVATION ARMY Service Sundays at 10:45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rue 25 de Abril, nr. 19. São Brás de Alportel

EREV SHABAT -For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Engenheiro Sároel Prado, Porma (next door to the University). Saturday 4pm. Tel: 282 485 495. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO—

GREATER GRACE now has contemporary worship in Porto as of 11/18. Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Península, Praia S. da Bandeira, 21 (behind the McDonald's in the Praça da Liberdade) while we continue our search for a permanent location.

Service time is 16h (other service times are being considered for 2008). More information is available on www.novaaurora.com by email to nova.aurora@clix.pt or by calling 91 711 2736.

We are looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH - OPORTO A church that is fun and enriching, Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, V.NG, between Aguda railway station and Miramor golf course. Cal Tira or Bill Mason on 227 627 643 or 914 99 611 for more details, contact@ riversideporto.com web site

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children, Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086084 or 282-697545.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, Creche and Sunday School. For further information: 289 228635.

LAGOA CHRISTIAN FELLOWSHIP An international English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12.30pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandm@ yahoo.co.uk

RESGATE DE VIDA, LAGOS APOSTOLIC

REGALO, web site www.riverospore.com

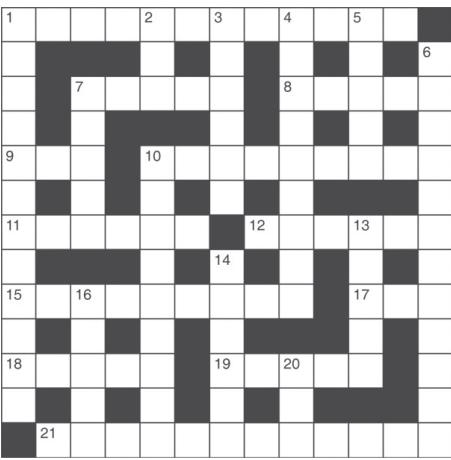
ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Matrizidade, Júlio Dinis, Sun. 11am Details from Chaplain (22) 609 1006. www.sjamesporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps, (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Sáudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

The Portugal News Crossword No. 221



QUICK CLUES

ACROSS

1. Prodigal (12)

2. Navy (5)

3. Grieve (5)

4. Dog (3)

10. Meddle (9)

11. Powerful (6)

12. Blunt (6)

15. Forbearance (9)

17. Useless (3)

18. Ancient (5)

19. Deduce (5)

21. Unending (12)

1. Freeing (12)

2. Wonder (3)

3. Shrewd (6)

4. Excellent (9)

5. Induce (5)

6. Autonomy (12)

7. Leading (5)

10. Lack of knowledge (9)

13. Beneath (5)

14. Weak (6)

16. Burdened (5)

20. Jollity (3)

21. Jollity (3)

QUICK SOLUTIONS Nº: 220

Across: 4 Gatehouse; 8 Earned; 9 Affront; 10 Outlay; 11 Uproar; 12 Vicarage; 18 Interval; 20 Regale; 21 Fondle; 22 General; 23 Pistol; 24 Feather.

Down: 1 Revolve; 2 Protect; 3 Repair; 5 Affluent; 6 Errors; 7 Annual; 13 Alienate; 14 Avidity; 15 Elderly; 16 Severe; 17 Patent; 19 Exotic.

"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God." - *Colossians 3:16*



Do-It-Yourself

Upward Glance with Joyce Voelker

Home ownership is a lot of fun but it can also involve a lot of work. Many people save money by handling as many of the repairs and household projects as they can, without hiring a professional. At the library or any large bookstore, you can find a variety of Do-It-Yourself manuals that will walk you step by step through building a new bathroom, finishing a basement or rewiring your house. Now days you don't even have to leave home to find the instructions you need. The help you need is as close as your internet connection.

Some people take this do-it-yourself thing to far. They create their own God. Newsweek magazine ran a report about a youth pastor who asked the teenagers in his church who they think God is. Onesaid God is like his grandfather: "He's there, but

I never see him." Another described God as an evil being who continually wants to punish people. The report concluded with one girl sharing that everyone's idea about God is correct because it is an expression of their personal belief.

Many people today believe that God is not real, but a figment of a weak man's imagination. How sad it is to take a look around and see that the ideas expressed by this youth group are shared by millions of people around the world. Many people who learned about the God of the Bible have decided they don't like what they were taught. It has become common practice to re-design or re-configure who God is so that he fits into one's own humanistic mind set.

"He made heaven and earth, the sea, and everything in them. He keeps every promise forever." Psalm 146:6

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Join us for our Sunday services in Almancil & Lagoa



10.30am
Holy Communion
Community Centre • ALMANCIL

6pm
Evening Prayer
Convento de S. José, LAGOA

For directions, call 282 380 311 any time

Assistant Priest: Rev'd Jackie Nevill • 282 338 553 • Mobile: 914 781 453
Curate: Rev'd Paul Luckman • Mobile: 917 240 123
info@allsaintsalgarve.org • www.allsaintsalgarve.org

Please enquire about Baptism Services, Marriage Blessings, Funeral Services etc.



ALL
Saints
ANGLICAN CHURCH

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômba for details of our work. Tel.: 962 633 811.

GARAGE SALE

Sat 6 & Mon 8 December 2008 10:00 to 16:00

17, Andre Goncalves Pereira, Quinta Do Lago (5º Rotunda) Jewelry, Fine Porcelain, Table Linen, Crystal, Bibelots, etc..etc at Bargain Prices Tel: 917724518



DON'T MISS a visit to the FARO JEWISH HERITAGE CENTRE - The only remaining vestige of the 1st post inquisition Jewish Presence in Portugal - Open Weekdays 9h30 - 12h30. Tel: FJH Centre: 289 829 525 or João (Guide) 936 394 488. www.farojewishheritage centre.org/

JJJOHNS
COUNTRY & WESTERN DINNER/DANCE
at restaurant Ponte Romana in Silves. Sunday December 7th, 14.00-18.00 hours. Including 3 course meal plus wine and coffee €14.50 all-in. Onstage Country-singer JJJohns. Special guest Suzanna Wilson. Reservation 282 442 621 / 914 900 031 or jjjohns@netvisao.pt

Bureaucracy



TRANSLATIONS PERSONAL / LEGAL. Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

PLACE AN ADVERT
CALL OUR HOTLINE
ON 707 500 646

Business Opportunities



Bargain for €20,000. ono. 24.5 sq metres. Front of the Meat & fish market in shopping centre. Private and quick sale. Tina mobile 914 69 23 17

ESTABLISHED POPULAR coffee shop in Praia da Rocha for sale €50,000. Excellent location. Tel: 932 896 385

WORKING A9 to 5 jobs not for you? www.time2change today.com

View these pages online FREE via www.the-news.net

Charities

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shop's profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No. 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

Education

PORTUGUESE LESSONS at home with Portuguese translator. Lagos. Mob 914 566 017.

Entertainment & Leisure

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun with play readings starting soon. Ring Nikki on 917 776 245 and nikki_luz@hotmail.com or check out our web address: www.thealgarveans.com

CHILDREN'S DANCE classes every Friday. 6pm. Pavilhão do Silves. Adults dance classes also available. For info call Claire 938 638 214.

Circo Pequeno

bouncy castles, clowns, jugglers, face painting, etc.

Tel: 916 622 976 or 917 038 555 tim@gomez.net

"STRINGS & THINGS"

Musical Instruments. Lowest prices. New & Second-hand. Trade-ins, repairs, rentals, stringsandthings@hotmail.com Tel: 289 356 441 or 919 968 768.

OIL PAINTINGS

by David Haines

PRIVATE GALLERY

Tel.: 968 290 627 www.wdjhainesartist.ip3.com

For Sale Private

SWEDISH STYLE easy chair, blonde wood and royal blue cover, as new, €15. Tel: 912 759 461.

BRAND NEW Golf Clubs (still in original protective packaging), complete set of Dunlop 65i, 1 and 3 and 5 woods, full set of irons (3-sand wedge), putter, stand bag, umbrella, perfect beginner set, everything you need to get started in golf. Retails at €540. Will accept €275 - Call Steve 917 846 242.

OLD FASHIONED panrooftiles for sale. 10 cents each. Tel: 965 275 774

HOUSEHOLD CLEARANCE. Many items for sale. Tel: 917 146 881.

7FT ENGLISH POOL TABLE - €875 and BAR BILLIARD TABLE - €950; each with slate bed, brand new re-cloth and accessories - can deliver - 917 846 242 Vilamoura

LARGE ENGLISH stylish mahogany TV/video cabinet in good condition. Only €65 - 917 322 169 Lisbon area.

2nd Hand Furniture & Storage space



VACARIA - SILVES. Open Mon-Sat.

Storage for caravans, boats, motorhomes, motor cycles, trailers and cars. Always a supply of 2nd hand caravans.



VAN CASTEREN, Ponte de Cajadinhos, Vacaria 8300-047 SILVES, Tel.: 282 332 379, Fax 282 332 380 casteren@sapo.pt

CASCAIS GARAGE sale, 6th December, 13-18h R.Fernão lopes 60, Pampilheira.

THE LANGLEY, 3 suckling piglet spit roast machine. Tel: 912 501 752 email: thelangley@hotmail.com www.langleycc.com

BRIOT TRAIN set, wooden - 144 pieces trains, track, bridges, crossings etc. In a box VGC. €120. Tel: 918 464 502.

SULCARE - Recliner Promotion till Christmas, €699,- (instead of €999) incl. VAT and delivery Algarve, Tel. 289 417 243, www.sulcare.com

Health and Beauty

CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. Formore information call Vi on 289 882 680.

LOOSE 9LBS in 11 days. www.fitbodsonline.com/ fatloss or contact Karen 916 255 774.

CARER/P.A. U.K. based, 24/7 care exp., M/52y., N/S, driver, fluency GB/NL/D, PC lit., versed in art/buss., available direct private assignment EU/PT. Enq.: deon_dileman@yahoo.co.uk

Riverside International MEDICAL CENTRE,

Sta Bárbara de Nexe /

Faro, Maragota /

Moncarapacho, Tavira &

V.R. Sto António.

24 hr service.

Tel.: 919 657 860

or 289 997 742.

Suffering Chronic Pain?

Self help tool, often works where nothing else well!
No drugs - No Needles.

Call for a 15 minute FREE consultation 93 88 68008
Elke Waszmann



Fest & much more

Dunas de Alvor, Estrada da Barca, Loja 21, 8500-017 Alvor
Tel: 966 237 330
Open: Mon-Sat 10am-6pm
Appointment necessary

MOBILE HAIRDRESSER.

Carvoeiro area.
'Ear piercing', 'Make Up'
and 'Gel & Acrylic Nails'
by Beatriz O'Hara
Tel: 969 127 560.



COUNSELLING in the Algarve
For a professional, caring and confidential counselling service, contact Joanna Gardner Dip IIP; MASIP on 964 728 483 or email counsellinginthealgarve@hotmail.com

SULCARE - Mobility aids for rent, Tel. 289417243/ 964805111

CHIROPODY TREATMENT at your home, Mirjam Seybold, Nurse, Chiropodist. Tel: 282 913 435 or 916 723 964

FULLY QUALIFIED English therapist. Beauty treatments, Aromatherapy, Reflexology, Indian-Head massage. Dom Pancho Hotel, Albufeira or Home Visits. Christine 960 390 085.

LICENSED PHYSIOTHERAPIST Paulo David Portimão / Albufeira area. Appointments by Tel: 912 133 583

EASILY LOSE 9 lbs fat/week for Xmas & after - how good is that? Easy ways to beauty and fitness in days. Freebies, Secrets & More Go to: www.thompsonph.co.uk

Home Improvements

DOMUS
ELECTRIC FLOOR HEATING

The CHEAPEST way to heat your house

NO gas, NO oil, NO maintenance

www.domus-heating.com

EN-125 Sítio Benfarras, Nº 552-a Boliqueime Tel: 289 322 852 domusheating@macc.com

Add a photo for impact:
B & W photo, 4cm wide €10
Colour photo, 4cm wide €15
www.the-news.net

MASTERJOINER

Carpenter-Joiner 20yrs+ fitting Kitchens, Floors, Doors, decking, Locks etc Providing quality, reliable service competitively priced!
East-Central Algarve 281 328 648 - 926615244

Legal, Finance & Insurance

Home Insurance in Portugal

CALL US NOW
Portugal 800 813 930
Spain +34 956 795 453

INSTANT COVER
HOLIDAY & PERMANENT
NO CLAIMS DISCOUNT
FULL COVER

Abbeygateportugal.com
Home Insurance online for Ex-pats
'Why can't we get the same cover abroad?'
'with Abbeygate you can'
'Why can't I cover my Jewellery'
'with Abbeygate you can'

Abbeygate Insurance

Jobs Offered

TELE-MARKETING STAFF REQUIRED
FUN WORKING CONDITIONS
CENTRAL ALBUFEIRA
DAYTIME OR EVENINGS
VARIETY OF PRODUCTS TO PROMOTE
GREAT PAY STRUCTURE PAID WEEKLY
Good promotion prospects
CALL JAMES ON 289 540 391

Place your advert on-line at www.the-news.net and get a **10% DISCOUNT**

Miscellaneous

LA MAISON D'ART

International Fine Art
Antique Paintings Sold, Purchased, Sourced, Valued, Leased.
Investment purchases arranged.
Portfolios managed.
Lagos, Portugal.

Tel: 965 048 782
www.la-maison-dart.com

Mobile Home

£29,500 or €37,500
New Luxury Mobile Home. Beautifully furnished.
2 bedrooms. Garden, Patio, Pool. Park close Albufeira. Tel 289 586 446

Office, Media & Technology

FOR SALE.
Samtron 17" screen €30. HP A37A4 Inkjet printer €65. Brother Fax printer €45. (All second hand). Tel: 282 380 316.

COMPUTER TECHNICIAN

Qualified professional with over 20 years experience.
Trouble shooter, upgrade recommendations, tuition and networking. Hardware and software resale available. Wireless specialist. IT integration on building construction projects. Tel: 282761398, 918411488 or 962719488 starware@sapo.pt

World Telecom PC Surgery



Your one stop surgery for PCs, Macs and laptops



A name you can trust
See our main advert

Personal

A UNIQUE GIFT for any occasion. Your family history researched back to 1841 with the ability to go further if required. From only €50. For further details phone 282 688 283 or email angisharp@sapo.pt

"POP-INS"
Mums and Toddlers
Wednesday
945am to 12 midday

Bring your babies and toddlers and come meet new friends in a safe and secure environment. Toys, activities, singing, Refreshments available.

ICF Church Fellowship Rooms
Cedipraia, Portimao

For more information
Tel Marina on 964820392

ALCOHOLICS ANONYMOUS- Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm, Tel: 919 005 590; Tavira 7.30pm. Fri.: Almancil 11.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917483478. GSO Lisbon AA Tel: 217 162 969. We look forward to seeing you there.

Mums & Tots



Tuesdays 10.00am -12 Noon. Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

Explorers & Climbers

Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.



Who do you think you are?

Discover the real you, explore your origins, REALISE your full potential and live the life of your choice.

Contact Joanna Gardner
Dio IIP; MBACP; MASIIP
on 914 728 483

**CALL OUR HOTLINE
ON 707 500 646**

Pets

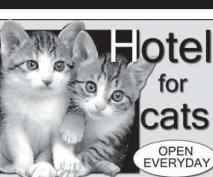
SAFE HANDS boarding kennels. Purpose built, enclosed and spacious. Large exercise area, individual attention, 24-hour supervision, country location, near Portimão. Inspections welcome. Tel/Fax: 282 471 347 or 914 767 958. Email: safehandsboardingkennels@clix.pt

PUREBRED FLAT COATED

retriever pups. Born 5 November, 5 males, 2 females. All sold with 1st vaccination & papers. Praia da Luz, Tel: 939 540 735.

ARE YOU LOOKING FOR A PET?

I currently rescue kittens & cats, puppies & dogs; maybe I have your future companion. Call Valérie (Donkey Sanctuary) 913 860 865 or 282 342 823. lili10.evann@yahoo.fr



* The best cattery in the Algarve.
* Fully licensed.
* Door to door service.

Tel.: 282 912 462
Mobile 919 566 769
www.gatotel.com

St Catarina São Brás Alportel MISSING PODENGO

medium, male, hair very short, light brown, small head, light grey, left ear always hanging down. Has been seen often times around Stth Catarina. Manni is very shy, but understands English and German. Reward €500. Tel.: 966 798 699.



STOP THE KILLING!
Before buying or breeding pets, consider the many unwanted/ abandoned animals looking for homes. Neuter not Euthanise! Microchip your animal!

For more information or to find an animal: Michele 919 457 263 email: happyhounds @mail.telepac.pt

Pools & Gardens

POOL HEATING & COVERS the BEST at BEIRA PISCINAS LDA 912 551 879 or 289 315 296



* Pruning
* Felling
* Brush Chipper Hire
* Stump Grinding
* UK qualified arborist
* 20 years experience

Tel.: 917 479 921
www.algarvetreeservices.com

COLD POOL?
EXTEND YOUR SEASON ECONOMICALLY

Running costs 80% less than propane gas 30% to 40% less than natural gas 600% less than electrical resistance heaters. Control from wherever you are via SMS Tel: 912482419



PAMPER YOURSELF in a spa at x-mas. 3- and 6- seater showroom models at low prices at Beira Piscinas Lda. Tel: 289 315 296.

Call our Classified Hotline on 707 500 646

Property Agents

REAL ESTATE, RENTAL
Service and Property Management. Assistance for all your property needs. Nonplusultra Lda. Tel./Fax: +351282764771. www.Nonplusultra-Lda.com

PROJECT MANAGER to oversee construction of your extension, villa or development. Marshall Associates 282 098 143 / 914 380 178. massociates@fcsonline.org

LONG TERM minimum 1 year rental, 2 bedroom, 2 bath apartment, annexe of owner's main house, fully furnished, in large rural plot close to EN125, Burgau, golf, beached, use of swimming pool. €670p/m including gas, water electricity. Tel: 282697296.

5 MINS FROM CARVOEIRO, GOLF & BEACHES

4 bed townhouse in Lagoa 2 baths (1 en-suite), sitting/dining room, Guest w/c, office, plus 2nd reception room

Set over 3 floors. Front & back garden, large terraces & patio, views over country & municipal garden. Air con. throughout, wood burner, solar panel. Close to schools & all amenities. Must be seen. Private sale. Reduced price: €330,000.ono Tel.: 918 721 688

OLHÃO - 4km north. Land 47,680m² with ruin (32m²), country/seaviews, approved to build, €152,000. Call: 289 722 692.

MONCHIQUE. Unique country house. www.fonte-pequena.com Tel: 968 471 617.

ALJEZUR-VALE DA TELHA New 3 bedroom Villa with pool. Many extras €295,000. Tel: 918 818 177

ALJEZUR-VALE DA TELHA. Sea views plot with license to build 3 bedroom villa with pool €100,000. Tel: 918 818 177.

BARÃO SÃO MIGUEL. Rustic plot 20,000 m², €49,000. Tel: 918 818 177

WINDMILL CONSERVATION. Area Torres Vedras. Detached villa project started. New building license. Deeds, plans available. 3,600m² land: Windmill €35,000. Villa €35,000. Both properties €65,000. URGENT SALE. Please call Jorge 919 965 540 or Richard 0044 771 171 0807.

www.AlgarvePropertyFinder.org The site with many APARTMENTS AND VILLAS for sale



Renovated Houses in PRIVATE VILLAGE

Near Leiria City (Central Portugal) & Beaches, Beautiful 360° views.

New Kitch/B/room/3 Beds Large balcony & garage €79,500
For info and DVD Tel: 962 811 647
UK (44) 208 362 1442

CARVOEIRO CENTRE

Long term rent. Spacious 2 bed apartment now available. Fully furnished. Large balcony. 500 metres to beach. Parking. Tel 282 357 052 mob 913 426 399.

LAGOS AREA: our clients are looking for villas with pool for holiday rentals. Please call us on +351 282 764 771. www.Nonplusultra-Lda.com

LAGOS MARINA Park, T2, furnished, ground floor, large terrace, u/g car park, long term, €550p/m+ bills. Tel: 913 615 617.

4 BED FOR PRICE OF 3. Recent price reductions have been such that we can offer some 4 bed villas at less than last years price for smaller ones. Walking distance to the beach at Fonte Santa (between Vale do Lobo & Quarteira). State of the art villa in a closed condo. All mod cons. Italian kitchen. Large basement, huge pool in landscaped gardens. Pereira de Almancil (nr. Vila Sol). 2 storied pool villa in quarter acre plot on a country road with easy access to all facilities between Vilamoura & Quinta do Lago €460,000.

If you want to see details of these and many more properties plus photos, visit our page www.johnhillproperties.com

Contact John Hill Real Estate, Av. da Praia do Carvoeiro, No. 20, 8195-001 Almancil. Tel.: 289 395 610 Fax: 289 397 212 Mobile: 917 238 517 Email: info@johnhillproperties.com AMI576

MESTRE ALBERTO windows and doors. Blinds, insect protection, security glass. Mob: 913 669 377 fax: 289 849 214 email: mestrealberto@sapo.pt www.mestrealberto.pt

UNIQUE BUILDING Services specializing in bathrooms, kitchens, tiling and decorating. References available 282 332 376 or 938 215 537.

SILVER COAST (Obidos area): property management and maintenance by experienced team. Call Antoine (00351) 917 179 042 atlanticasa@gmail.com

HANDYMAN, CENTRAL ALGARVE Prompt, reliable, efficient service. Tel: 918 019 712. www.handyman.simon.com

www.the-news.net

‘Counting’ traffic lights a success in Viseu



Viseu is the first city in the country to implement pedestrian traffic lights that count down the number of seconds remaining until the traffic light changes to green and the flow is released.

Local authorities say the lights have been praised by pedestrians and drivers alike, and more are to be erected around the City before the end of the year.

Widely used in Northern Europe, these traffic lights were part of a pioneering experimental phase in Viseu which due to its success looks set to stay.

Viseu deputy Mayor Américo Nunes explained “We went ahead with the experiment in the middle of the City and the outcome was very positive. At this moment we are extending the project to other sensitive areas”.

“We noticed that, whilst crossing, people adopt a different posture. The pedestrian, when he sees that there are only one or two seconds remaining for crossing, he opts to wait as opposed to dashing across”, said Deputy Mayor Nunes.

He added “the driver, in turn, calmly puts the car into first after resting his feet instead of brusquely accelerating as he knows how long there is left to wait”.

This avoids drivers keeping their foot on the clutch which means cars rotate faster, producing more CO2 and other harmful gases. According to Américo

Nunes, the units are also cost-effective to buy.

Timers are set to where there is a greater mass of pedestrians. In busier areas the pedestrian is given longer to cross, as “the pedestrian is our priority”, said Mr. Nunes.

Viseu City Hall has already been approached by other municipalities looking to obtain more information about chronometers for traffic lights.

Said Américo Nunes, “As the product is not yet well-known on the national market we are using City Hall’s standard cooperation to promote it amongst others”.

Photo right: A horse and cart passes by traffic lights in Viseu showing new technology which indicates the time lapse before the next colour change. (Photo: Lusa / Paulo Novais)



New EU prize for literature

The European Commission revealed earlier this week it is launching a new European Union prize for contemporary literature. Europe's contemporary literature, to promote more circulation of literature within Europe and encourage greater interest in non-national literary works. The first Prize will be awarded in the autumn of 2009.

Almost 30 percent use Internet banking

In the enlarged European Union, 60 percent of households had access to the Internet during the first quarter of 2008, compared with 54 percent during the first quarter of 2007, and 48 percent had a broadband Internet connection, compared with 42 percent in 2007.

This data published by Eurostat represents only a small part of the results of a survey on Information and Communication Technologies (ICT) usage in

households and by individuals in the EU27 Member States, Norway, Iceland and Croatia.

As well as Internet use and broadband connections, the

survey also covers other indicators such as e-shopping, e-government, and advanced communication and content related services.

Barrings Hotel Golf & Spa

Christmas at Barringtons...

FIT INTO CHRISTMAS

3 Week Weight Loss programme, guaranteed to produce a slimmer, more toned you.

From 1st to 21st December, a fitness programme, full of fun, including full fitness assessment and lively group discussions. Book in advance, just 35€ for the full course!

Call Sara or Carla on 289 351 940



THE BIG BAZAAR Monday 8 December, 11am-6pm

The best known Bazaar in the business with almost 40 stalls selling everything you'll need for Christmas. **FREE entry** and **FREE Fitness Classes** available to try out, call for details.

Snacks, Mulled Wine and goodies available all day!

ENTERTAINING

Throughout December, a choice of festive menus for lunch and dinner for your office parties, friends and family. All priced differently to suit your pocket.

Entertainment available.

Christmas Eve Candlelit Supper just 30€ including a bottle of house wine

Traditional Christmas Day Lunch just 45€ per adult and 15€ per child under 12 yrs

The full works, with alternative choices for the less traditional. Book now!

Boxing Day Brunch 10am-4pm just 20€ per adult and 12€ per child under 12yrs

Contact Sara on 289 351940 sara@barrings-pt.com

Centro Desportivo de Vale do Lobo - Vale do Lobo - Almancil - Tel. +351 289 351 940 www.barrings-pt.com

Barrings is open to the public! When you present this advert you are entitled to a bottle of house wine when having a meal for 2.

Golden boy wins Golden Ball



Cristiano Ronaldo added the Golden Ball trophy to his list of football honours this week. Above, he kisses the 'Golden Boot' trophy awarded to the best striker in Europe (31 goals with the Manchester United vest) in Madeira on 13th September 2008. (Photo: Lusa / Gregório Cunha)



Manchester United's Portuguese international Cristiano Ronaldo added the Golden Ball (Ballon d'Or) trophy to his list of football honours this week, becoming only the third player ever to win the best world player award and the European Golden Boot in a single season.

Cristiano Ronaldo described the honour by France Football magazine as "one of the happiest days" of his life, underlining that he won the prize against "other great names", like Argentina's Lionel Messi and Spain's Fernando Torres.

In announcing its yearly pick of the world's best player in Paris, France Football said its poll of French sports journalists gave the 23-year-old Ronaldo 446 points (from a maximum of 480) to 281 for Messi and 179 for Torres.

No footballer had combined the Golden Ball and European Golden Boot titles in one season since German goal-scoring machine Gerd Muller in 1970.

"I'm only 23, it's incredible", Ronaldo said when informed of his triumph, noting he had only begun his career six years ago at age 17.

"But it's fantastic, as is the fact that other great names were on the list this year", he said, adding that he had never doubted he would win as he was "conscious of what I'd accomplished during the season".

Thanking his fellow players for having helped make him "better", Ronaldo said a "dream had finally come true", but that Tuesday's training session at Manchester would be "the same" as always.

Top Portuguese officials were quick to applaud the distinction, saying the Golden Ball title should serve as a stimulus for the

player and Portuguese football in general.

National coach Carlos Queiroz, a former coach of Ronaldo at Manchester United, expressed his "personal pride and happiness" at the honour bestowed on the Portuguese star by France Football magazine.

"I hope this prize symbolises a career full of personal and collective successes" for the 23-year-old player, who had long viewed the Golden Ball as "a dream and ambition", Queiroz said.

In turn, the President of the Portuguese Football Federation, Gilberto Madail, praised Ronaldo, expressing hope the honour would also serve as "a comfort" and "incentive for Portuguese football", as well as stimulus for Ronaldo to press forward to "more joys like this".

"This is a special day for Portuguese football", Madail said.

Laurentino Dias, Lisbon's state secretary for youth and sports, described the choice of Cristiano Ronaldo as "an honour for Portugal", applauding the player for having followed in the footsteps of fellow countrymen Luis Figo and Eusébio in winning the prestigious title.

"Ronaldo is an excellent example of someone who not only was born with a vocation for football, but of one who worked very hard to affirm himself in the difficult world of international football", Dias said.

TPN/Lusa

UK Car HIRE

£99*

P/Week - All Inc - Limited Offer

1car1
UK Car Rental

Most UK Airports + 75 Other Locations

■ FREE DELIVERY ■ LATEST MODELS
■ FULLY INCLUSIVE DRIVE-A-WAY PRICES

+44 113 387 5865
www.1car1.com/expat
expatdeals@1car1.com

*excludes Christmas period

Astra £133 p/week

Vectra £175 p/week

Leixões stay top

Benfica had their chance to take the lead in the Liga Sagres last weekend and all seemed to be going their way when Leixões tied with Naval and they were beating Vitória Setúbal 2-1 on the 90th minute. The victory would have put them one point in the lead but Quim made a disastrous mistake and the game ended with a draw on the 93rd minute.

Despite being second in the Liga Sagres, Benfica's latest performances have been atrocious and last weekend's draw was the end of Quique Flores' patience as he had to compose himself for a few minutes before facing the press after the match.

Benfica's tenth round game ended in tears as Vitória de Setúbal equalised in the final attack of the game, all thanks to goalkeeper Quim. The goalkeeper's recent matches have been a living nightmare; he has conceded thirteen goals in as many days. In Portugal's match against Brazil he let six slip past

him, in Benfica's UEFA Cup match, against Olympiakos, he let another five in and last Monday another two goals, one being a massive mistake, were scored against him. It is almost certain he has lost his position on the first team and has made Benfica's hopes of progressing in the UEFA Cup very dim as they are relying on results from two different matches to get through to the following stage.

In other matches in the Liga Sagres, results were more or less as expected: FC Porto beat Académica 2-1; Sporting had an easy victory against Vitória de Guimarães (2-0) and closed the gap from the leaders as Leixões' drew against Naval with one goal each.

This weekend Sporting face Estrela Amadora, Vitória de Setúbal play FC Porto at home, Benfica have an away game against Marítimo and Vitória de Guimarães play League leaders Leixões.

SUPERLEAGUE FIXTURES DAY 11

MATCH	DATE	TIME	TV
Amadora-Sporting	Friday	20h30	SportTV
Nacional-Belenenses	Saturday	18h00	SportTV
Académica-P. Ferreira	Saturday	18h30	
Setúbal-FC Porto	Saturday	20h30	SportTV
Rio Ave-Naval	Sunday	16h00	
Marítimo-Benfica	Sunday	19h15	RTP 1
Guimarães-Leixões	Monday	17h30	SportTV
Trofense-Braga	Monday	19h45	SportTV

www.the-news.net

Mortgages / Remortgages

When was the last time you reviewed your mortgage? **What** if you are paying more than you need to?

Now is the ideal time for you to **renew your mortgage** with the offer of **lower interest rates and lower monthly re-payments!**

We guarantee you the best interest rate in Portugal!

Contact us and get your free quotation today!

■ (+351) 282 769 150 ■ (+351) 913 500 826 ■ U.K. 08700802936 or 07717570779

info@algarveeasymortgages.com

www.algarveeasyproperty.com